

NATIONAL AND MARINE PARKS

Malaysia
Truly Asia







CONTENTS

- 3 Home of the World's
Most Diverse Ecosystem

NATIONAL PARKS

- 6 Taman Negara
- 9 Kenong Rimba Park
- 10 Penang National Park
- 12 Endau-Rompin National Park
- 14 Kinabalu Park
- 17 Crocker Range Park
- 19 Tawau Hills Park
- 20 Bako National Park
- 22 Gunung Mulu National Park
- 24 Niah National Park
- 26 Batang Ai National Park
- 28 Gunung Gading National Park
- 29 Similajau National Park
- 30 Kubah National Park
- 31 Lambir Hills National Park
- 32 Tanjung Datu National Park
- 33 Loagan Bunut National Park

MARINE PARKS

- 36 Pulau Payar Marine Park
- 37 Pulau Redang Marine Park
- 39 Tioman Marine Park
- 41 Johor Marine Park
- 43 Labuan Marine Park
- 44 Pulau Tiga Park
- 46 Tunku Abdul Rahman Park
- 48 Turtle Islands Park
- 49 Talang-Satang National Park



- 50 Common and Scientific
Names of Flora and Fauna
- 52 Park Rules and Regulations
- 53 Sample Tour Packages
- 54 Malaysia at a Glance
- 56 Tourism Malaysia Offices

NATIONAL AND MARINE PARKS OF MALAYSIA



LEGEND

- National Park
- Marine Park
- ✈ Airport

GLOSSARY

- Gunung - Mountain
- Pulau - Island

* maps not drawn to scale

SYMBOLS



Accommodation



Hide



Self-guided trail



Bicycle trail



Picnic area



Telephone



Boat ride



Ranger station



Trekking trail



Campsite



Restaurant



Four-wheel drive transportation



Restroom

The tropical rainforests in Malaysia were blessed with a location far from the ravages of the earth's ice ages that they developed much earlier than the other equatorial rainforests in Africa and South America. Evolving for over 120 million years, they displayed a much greater diversity and provided shelter for the emergence of mammals as well as birds.

HOME OF THE WORLD'S MOST DIVERSE ECOSYSTEM



When the earth became drier, the rainforests of Southeast Asia, sheltered by the Himalayan Massif, remained moist. This was followed by the ice ages when sea levels fell dramatically, forming land bridges between mainland and island Southeast Asia, allowing plant and animal migration. As the climate began to warm, this vast genetic storehouse burst forth with the profusion of species that exists today.

Malaysia is also home to the world's richest marine environment, which includes coral atolls, fringing reefs and barrier reefs. Coral reefs are to the sea what tropical rainforests are to the land. Corals require stringent conditions in order to flourish, only existing in warm, shallow seas where sunlight penetrates to about 100m and warm currents flow.

These living organisms form an ecosystem and tightly recycle everything, being virtually self-contained. Although they are found primarily in the tropics, they do not exist throughout tropical seas.

It is very difficult to say which is the most complex ecosystem on earth — the coral reefs or the tropical rainforests. Both have no equals. Both are fragile yet boast unparalleled diversity.

Malaysia enjoys the best of both worlds and is truly the ideal destination for nature lovers. It is not only one of the few countries that is home to these extraordinary ecosystems but also ranks among the very few that provide wide ranging protection in terms of designated parks as well as sanctuaries for these unique living treasures.





NATIONAL PARKS

Tropical rainforests girdle the earth around the equatorial regions and comprise about 10% of the earth's surface. Endowed with a high and even temperature as well as abundant rainfall throughout the year, they are home to the world's greatest diversity of flora and fauna, some rare and endemic.

Malaysia is highly fortunate to be endowed with rainforests that are indisputably the oldest in the world and its national parks are treasure troves of its natural heritage. Hailed as one of the most complex and luxuriant ecosystems on the planet, it is the perfect haven for wildlife, plants as well as trees.

Come witness its awesome beauty found amidst its dramatic landscape and experience nature at its best here, wild and pristine.



TAMAN NEGARA

Taman Negara, Malaysia's premier park sits astride three states in the peninsula, namely Pahang, Kelantan and Terengganu. The largest national park in Malaysia at 4,343km², it is also the oldest. It was declared a conservation area in 1939 for the sole purpose of protecting and preserving the unique indigenous flora and fauna.

Initially called King George V National Park to commemorate the silver jubilee of the British monarch, it was renamed Taman Negara on Malaya's independence in 1957. Taman Negara, in the Malay language, literally translates as national park.

The forests of Taman Negara are reputed to be the oldest in the world and were already flourishing when the world's

tectonic plates were still moving fast, forming the continents that we now know.

Taman Negara contains virtually every kind of Malaysian forest habitat except the coastal forest. Although mainly located in the state of Pahang, it also extends into Kelantan in the north and Terengganu to the east. The major mountain chain runs through the park on an east to west axis, in some places forming the borders between these three states. The south side of this watershed is home to some of the most beautiful rivers



LEGEND
 * Place of Interest
 --- Trekking Trail
 --- River
 --- Road
 --- State Boundary

GLOSSARY
 Gua - Cave
 Gunung - Mountain
 Kuala - Estuary
 Sungai - River
 Tanjung - Cape



in the country. The streams and rivers flow through luxuriant rainforest in the undulating foothills passing through lowland dipterocarp forest before joining the mighty Tembeling River. Rivers to the north and south travel across limestone territory and often produce spectacular waterfalls.

Flora

Plant life in Taman Negara proliferated over the past 20,000 years. It is not a carbon copy of previous epochs, but a stage in the evolution of a tropical rainforest. The park itself spans a variety of environmental zones.

The lowland forest is composed of evergreens. A single tree family predominates in these forests – the family dipterocarpaceae, with Malaysia being home to almost 400 of the world's 550 species.

A single hectare plot in these forests may hold over 100 species of tree including the tall, buttressed *tualang* (*Koompassia excelsa*) the third tallest species in the world. These lowland forests are also rich in epiphytes and liana.

The height of the forest canopy reduces as you reach higher elevations where oaks (*Fagaceae* spp), laurels and conifers



Wild mushrooms



(*Dacrydium* spp and *Agathis* spp) predominate.

The upper montane is mainly shrub cover and the cloud forest begins at about 1,600m. Here, plants take their moisture directly from the moist air. At this level, the epiphytic orchids and ferns give way to lichens and mosses, which cover live trees, fallen logs and even the ground.

Getting There

The most popular entry to Taman Negara is via the town of Jerantut, Pahang. From Jerantut, you can drive, or take a taxi or bus to the Kuala Tembeling Jetty, which is 16km away. From there, you can take the three-hour boat ride to Kuala Tahan, where the park's only resort is located.

Trains from Singapore and south of Malaysia stop at the Kuala Tembeling station, which is just a short walk from the jetty. Boats depart from the jetty at 9am and 2pm daily. Alternatively, you can drive to Kuala Tahan and wait at the river bank opposite of the resort where a water taxi will ferry you across the river.

There are other entry points in Kelantan (Kuala Koh), Terengganu (Tanjung Mentong) and Pahang (Merapoh). Merapoh is primarily used by those who wish to climb Gunung Tahan, the highest peak in the peninsula. Facilities, however, are limited at these entry points.

Accommodation

The Mutiara Taman Negara at Kuala Tahan offers excellent facilities. Bungalows, suites, chalets as well as a hostel and campsite are available. Tents can be hired at the Recreation counter. Additionally, there is a restaurant and many other facilities for dining at the resort. There are also a few floating restaurants near the resort across the river that offer local and continental cuisine.





Stick mantis



Attractions and Activities

- Prime tropical rainforest
- A series of well laid out trekking trails
- The world's longest canopy walkway
- Numerous hides for viewing wildlife
- *Orang asli* settlement
- Canoeing
- Cave exploration
- Bird watching
- Fishing
- Camping
- Swimming

Treks vary in duration and difficulty but if you are going for those close to the resort you do not need a guide. However, trekking alone is not advisable. Two trails start from the rangers' base camp at Sungai Relau.

The 4.1km Negeram trail requires the trekker to cross the river, while the 1.6km Palas trail traverses fairly flat peat swamp. The Lubuk Simpan trail is only a 10 minutes' walk from Kuala Tahan and is the most popular as it also has a good place for swimming. The interpretive trail is well marked with signs as well as descriptions of flora and fauna. A detailed trail guide is also available.

Facilities



Further Information

Department of Wildlife and National Parks

Tel : Kuala Lumpur : 03-9075 2872
Kuala Tahan : 09-266 1122
Gua Musang : 09-912 2940/
(for Kuala Koh) 09-928 2952
Terengganu : 03-622 7751

Website : www.wildlife.gov.my

Fauna

Virtually all of Peninsular Malaysia's large mammal species are found within Taman Negara at elevations of up to 500m above sea level. The list is long but sightings are rare due to the density of vegetation and the shy nature of these creatures.

The largest are the elephants; the rare Malayan gaur or *seladang*, a native wild cattle; three species of deer, the sambar, barking and mouse deer are also found.

The tapir, Malayan sun bear (the only bear species in Southeast Asia) and wild boar also exist within the park. The prime species, however, are the tigers and Sumatran rhinoceros. Other wild cats such as the black panther, clouded leopard and the flat headed cat are also found within the park along with civets, martens, scaly anteaters, porcupines and the Asiatic red dog. Primates, of course, abound. The white headed gibbon, the



only ape species in the peninsula, keeps to the forest canopy. Long-tailed macaques tend to inhabit the riverbanks while leaf monkeys and *siamang* prefer the upper canopy from where their loud calls can be heard. Other well-represented species include amphibians, reptiles and most small mammals.

The park is also home to around 300 species of birds. The most commonly seen are the hornbills, eagles and kingfishers. However, the masked finfoot, drangos, broadbills and bluethroated bee-eaters are fairly common.

The insect life is also spectacular. Stag beetles, rhinoceros beetles and many species of butterfly and moth, as well as stick insects are but a few of the insects to be found in the park. Beautiful and colourful centipedes and millipedes are found mainly on the forest floor.



Stag beetle

KENONG RIMBA PARK

The Kenong Rimba Park covers about 121km² and skirts the southeastern border of Taman Negara. The park is part of a contiguous chain of protected forest reserves that provides a wildlife corridor for large mammals between the centre of the peninsula and Belum Park in northern Perak, adjacent to the Thai border. It is also a remote, biologically rich wilderness comprising mainly rare, undisturbed lowland forest.

Located in the scenic Kenong Valley, the park is traversed by clear mountain streams, cascading waterfalls and refreshing pools as well as string of magnificent limestone caves. Most of the caves are easily accessible by foot. The Kenong River actually flows through the Batu Tinggi Cave, which resembles the shape of a boat and is the habitat of a variety of wild orchid plants. Other caves include the Batu Tangga Cave where the rock formation resembles a flight of stairs, Green Cave and the Tiger Cave.

The park is also home to the aborigines of the Batek tribe, a Negrito people who have long inhabited the remote, luxuriant rainforests. The Batek people still hunt with poison-tipped darts fired from blowpipes, catch fish from the rivers and forage for wild fruits and tubers.



Flora and Fauna

Epiphytes such as ferns and orchids are abundant in the park, which is dominated by lowland forest and riverine vegetation. Primarily dipterocarp forest, the lofty *tualang* trees are also very evident, as

are the strangling figs. Vegetation is lush and common plants include wild fruits, gingers, forest yams, rattans and palms. Some rare aquatic vegetation can be found in the many still waters within the park, and forest fungi are prolific both on the ground as well as in the cracks and crevices of both dead and living trees.



Although the park provides rich sustenance for larger mammals, sightings are extremely rare. Elephants, tapirs, tigers, deer, wild cattle, wild pigs and leopards are all known to dwell or pass through the area. However, you are more likely to encounter smaller mammals such as porcupines, mouse deer, slow loris and others.

Insect life is also very prolific with many varieties of beetles, ants, stick insects and beautifully coloured centipedes and millipedes.

Over 200 species of birds exist in the park, including the Great Argus pheasant, Malaysian peacock pheasant, hornbills and several species of warblers, babblers, flycatchers, spider hunters, kingfishers and cuckoos.



Getting There

Kuala Lipis, the nearest major town, is easily accessible by road and rail. There are two ways to access the park. One is via Tanjong Kiara, which necessitates a two to three-hour boat ride from Kuala Lipis; the other is via Kampung Batu 9 station jetty, which can be reached from Kuala Lipis either by a 30 minutes' train ride and then a short five-minute walk or by driving. It is then followed by 20-minute boat ride to the park entrance.

Accommodation

Kuala Lipis has a range of hotels to suit all travellers. The park, however, has limited facilities. Although there are basic chalets and campsites, there is no electricity in the park, so leave the laptop and chargers behind.

Various tour companies in major towns and Kuala Lipis organise a variety of trips to the park to cater for specific needs, such as bird watching, caving and trekking.

Attractions and Activities

- Pristine tropical lowland forest
- Limestone caves
- Waterfalls
- Trekking and camping
- Bird watching and rock climbing
- Fishing

Facilities

Further information

All visitors are required to obtain a permit to enter the park from the Kuala Lipis District Forest Office. Guides are compulsory. Keretapi Tanah Melayu Berhad (KTMB/Malaysian Railway) collaborates with local tour operators to offer various packages to Kenong Rimba Park.

Contact :
KTMB Kuala Lumpur
Tel : 03-2263 1111
KTMB Kuala Lipis
Tel : 09-313 277/213 144
Kuala Lipis District Forest Office
Tel : 09-312 1273

Lipis Centrepoint Hotel and
Apartments Sdn. Bhd.
Tel : 09-312 2688
Fax : 09-312 2699





Long-tailed macaque

Getting There

Penang island is quite easy to navigate. To get to the park, just take the Batu Ferringhi road all the way to the Teluk Bahang town and then head for the pier. From there, it is just a short walk to the park headquarters.

Accommodation

There is a full range of accommodation on Penang island. Basic chalets and modern camping facilities are found at Teluk Bahang while other campsites exist in the park. Rest points with tables and chairs are also found along some of the trails.

Attractions and Activities

- Well marked trails with rest stops
- Rocky coastline interspersed with scenic beaches
- Turtle sanctuary
- Campsites with good facilities
- Mixed tropical rainforest and coastal dipterocarp
- Meromictic lake
- Bird watching
- Animal spotting
- Swimming
- Fishing

Visitors who wish to camp in the park need to get permission from the park management. The office is open from 8am to 6pm daily.



White-bellied sea eagle

PENANG NATIONAL PARK



PENANG NATIONAL PARK

LEGEND
 (Red circle with cross) Place of Interest
 (Dashed line) Trekking Trail
 (Solid line) Road
 (Circle with dot) Jetty

GLOSSARY
 Bukit - Hill
 Pantai - Beach
 Teluk - Bay

Spread across the northwestern tip of Penang island is 1,181ha of hilly forest and 1,381ha of wetlands, mangroves, mudflats, beaches and corals. Interspersed with rocky outcrops, the coastline is home to some fine beaches and coves with basic facilities for camping at certain sites.

Formerly known as Pantai Acheh Forest Reserve, the new park – which holds the distinction of being the world's smallest national park – was gazetted in April 2003. It has a myriad of hilly but well-marked trekking trails of differing lengths and difficulty. Many of these trails lead to the eight main beaches within the park.

The popular trail to Muka Head starts at the park entrance in Teluk Bahang Bay. The trek, on average, is about one hour and thirty minutes to Teluk Bahang. Another 30 minutes of climbing is required to reach the Muka Head lighthouse, which was built in 1883. The views from the top of the lighthouse are superb.





Another popular trail leads to Pantai Kerachut where the Meromictic lake is a popular attraction. A Meromictic lake is formed when two bodies of water do not mix. In this case, the cool mountain stream water stays at the bottom while the warm sea water at high tide sits atop it. However, the lake only exists for about six months a year, during periods of heavy rainfall.

There is also a turtle hatchery at the end of the beach where primarily Green turtles (*Chelonia mydas*) come ashore to nest – as they do along western-facing beaches. However, two other species of turtle have been known to nest along these shores, the Olive Ridley (*Lepidochelys olivacea*) and the Hawksbill (*Eretmochelys imbricata*).

Teluk Bahang and Teluk Tukun both have camping grounds as well as facilities while Teluk Aling houses Universiti Sains Malaysia's Centre for Marine and Coastal Studies (CEMACS). The Teluk Aling beach is suitable for campers and also acts as a rest stop for those heading for Muka Head.

The highest point of the park's rocky terrain is Batu Itam, which is almost 500m above sea level.

Flora and Fauna

The park contains several different types of habitat. Lowland and hill dipterocarp forests, wetlands, mangroves, mudflats, sandy beaches and offshore coral reefs account for a wide diversity of species habitation.

Regenerated forest is the main land feature although about 80ha is still virgin forest. Logging ceased in the area in 1962 and much of the forest has returned to a natural state. Pitcher plants, orchids and ferns are fairly abundant in the forest as are the heavy hardwoods like *chengal* and the lighter hardwoods like *meranti* and *jelutong* (*Dyera costulata*) with its straight trunk, silvery bark and broad leaves bunched in an umbrella shape. The *jelutong* tree supplies sap from which chewing gum is made.

So far, 417 species of flora and 143 species of arboreal and nocturnal mammals, reptiles, insects as well as amphibians have been discovered in the park. These include long-tailed macaques, leaf monkeys, mouse deer, the rare flying lemur, tree shrews, fruit bats, wild pig, squirrels, snakes and crustaceans.

Add to this 105 species of birds, which include the White-bellied Sea Eagle and the Brahminy Kite as well as turtles, dolphins and sea otters, and you will find an impressive range for such a relatively small area.

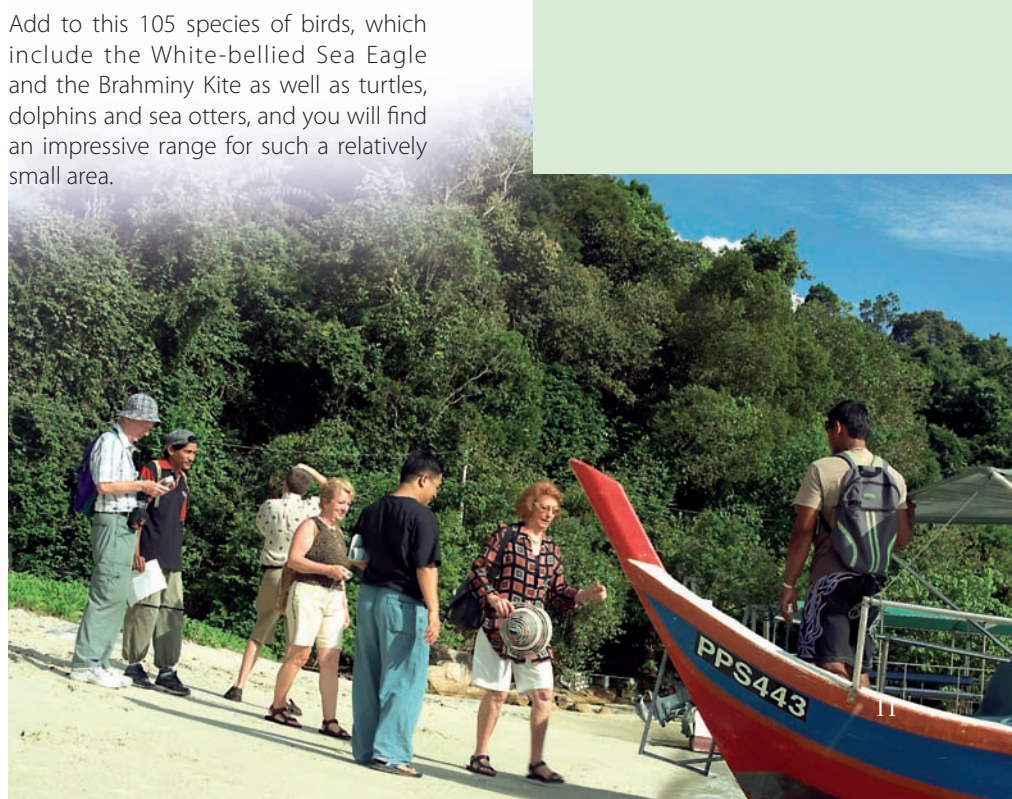
Facilities



Further Information

Superintendent
Penang National Park
Jalan Hassan Abas
Teluk Bahang
Penang
Tel : 04-881 3530/3500
Fax : 04-881 2016
E-mail : tnpp@streamyx.com

Director
Department of Wildlife and
National Parks Penang
Level 40, KOMTAR
10000 Penang Road
Penang
Tel : 04-261 3039
Fax : 04-261 0330
E-mail : jphltnpp@streamyx.com



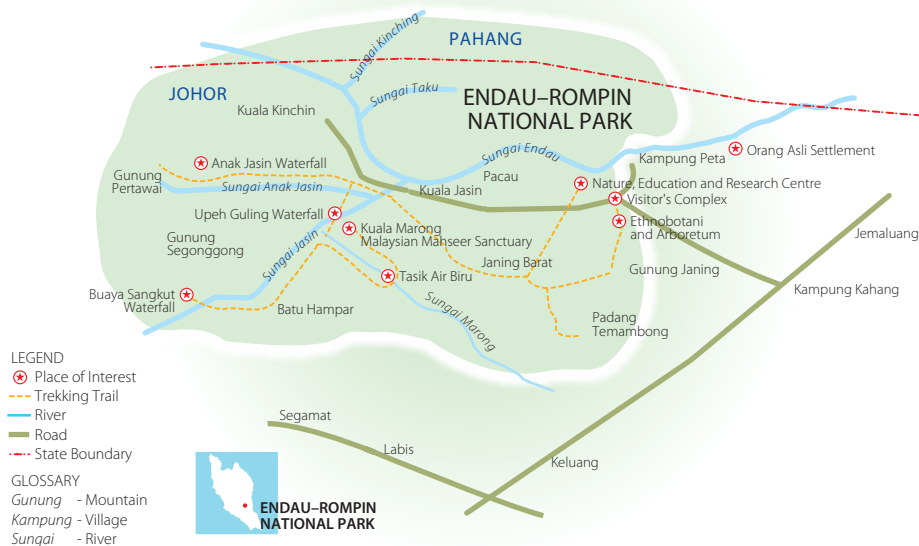
ENDAU-ROMPIN NATIONAL PARK

The Endau-Rompin National Park is the second designated national park of Peninsular Malaysia. It straddles the border between southern Pahang and northern Johor, and is one of the most undisturbed areas of lowland forest in the country. The park derives its name from the Endau river and its tributaries, which are the central feature of the park, and the Rompin area in the state of Pahang. It is interesting to note that the Rompin River does not originate or flow within the park area.

The area has been recognised for its great beauty and diversity since 1933 when the Sultan of Johor approved the designation of over 100,000ha as a wildlife reserve. Further exploration and surveys resulted in the declaration of 49,000ha as a national park in 1993 while the state of Pahang designated their part of the present park covering 40,500ha as a national park in 1988.



Flying lemur





White water lily



Malaysian Mahseer



Stemless palm

The awesome beauty of the Endau Valley is really something to behold, it is, perhaps, the most beautiful scenery in Peninsular Malaysia. Lowland forests give way to steep ridges with sedimentary rocks predominating. However, there are granite uplands and sandstone plateaus.

The park has many well marked trails for trekking and numerous waterfalls, the most famous being the 50m Mahkota Falls, which hide the Gadang Cave located halfway up.

Guides are compulsory and the local *orang asli* of the Jakun tribe, whose intimate knowledge of the area, its plants and animals is undisputed, act as guides.

Flora and Fauna

The park's remote wilderness is a refuge for many plant and animal species with a high ratio of endemic plant species.

The forest is mainly dipterocarp species but several previously unknown plant species including trees, mosses and vines have been discovered. The rare and endemic species of plants include ferns, pitcher plants and the beautiful fan palms, *Livistona endauensis*. Other unusual species include the walking stick palm (*Phychorapis singaporensis*) and the climbing bamboo.

The park's remote wilderness is also a refuge for many large mammal species and is thought to be home to the peninsula's last wild Sumatran rhinoceros. Elephants, tapirs, tigers, wild boars, deer, monkeys, gibbons, sun bears (also known as the honey bear), civets, *binturong* (bear cat) plus most other typical lowland animal species also inhabit the park.

Bird species are, of course, abundant and include hornbills, Argus pheasants, kingfishers and drongos. Butterflies, moths, beetles and a huge variety of other insects can be easily spotted.

Getting There

From Pahang, it is a 56km journey across dirt roads via Felda Seladang to the Sungai Kinching base camp. A four-wheel drive vehicle is highly recommended.

From Johor there are two gateways. The most popular is from the town of Kahang via Kluang. Again, a four-wheel drive vehicle is required. Your first 15km or so is through plantations while the last 20km is across a bumpy track through virgin rainforests to Kampung Peta, an *orang asli* village. The second entrance from Johor is from the town of Bekok near Segamat, which also necessitates a four-wheel drive vehicle.

There is another way to get to Kampung Peta and this involves a boat journey from the lower Endau River just south of Kuala Rompin. This may take five to eight hours and an overnight camp at one of the many sandbanks can be arranged.

Accommodation

Permits are required to enter the park and visitors are advised to join a package tour, as facilities within the park are limited to campsites and small chalets. Camping equipment will be provided by the tour operator. Packages usually include transport, accommodation and food.

Attractions and Activities

- Pristine tropical lowland forest
- Trekking trails
- Upeh Guling Waterfall
- Buaya Sangkut Waterfall
- Tasik Air Biru
- Malaysian Mahseer Sanctuary
- *Orang asli* villages
- 4x4 off-road adventure
- Canoeing
- River Safaris
- Bird watching
- White water rafting from Kuala Jasim
- Night safari and night trekking

Facilities



Further Information

Permits can be obtained from:

Pahang Development Authority
for Pahang Tenggara (DARA)
Wisma Sultan Ahmad Shah
26700 Muadzam Shah
Pahang
Tel : 09-452 2300
Fax : 09-452 2110

Johor National Park Corporation
JKR 475, Jalan Bukit Timbalan
80000 Johor
Tel : 07-223 7471/224 2525
Fax : 07-223 7472

Permits are also available at the Park Ranger Centre, Kampung Peta and at the district office in Kuala Rompin.

KINABALU PARK

Standing majestically above the surrounding countryside, the granite massif of Mount Kinabalu dwarfs all around it. At 4095.2m, Mount Kinabalu, the highest between the Himalayas and the snow-capped peaks of Papua, rises starkly out of the tropical rainforest of the Kinabalu Park. Declared a national park in 1964, Kinabalu Park was listed as a UNESCO World Heritage Site in December 2000.

Situated in Sabah on the northernmost part of the island of Borneo, Kinabalu Park's main attraction – Mount Kinabalu, is home to the most remarkable assemblage of flora in the world. It is the meeting place for plants of Himalayan and Chinese genera as well as of Australian, New Zealand and even American affinity. Many plant species here are found only in Borneo and many are endemic to the area.

In many ways, it "creates" its own climate due to its isolation and the constant flux of cloud, wind, rain, cold and warmth from the forests below. Geologically, it is the world's youngest, non-volcanic, major mountain.

A U-shaped mountain, it is split into two by the spectacular Low's Gully, which plunges vertically from 3,900m to 1,500m, forming two arms that make the western and eastern summit plateau.

Six major topographical features occur within the park – peaks; plateaus; gullies,

ridges, streams and waterfalls; hot springs; caves and granite slabs. The main peaks are the Low's Peak (Summit), South Peak, St. John's Peak, Ugly Sisters Peak and Donkey's Ears.

The mountain itself has long been regarded as sacred to the local KadazanDusun people, who consider its brooding peaks the resting place of the spirits of their departed ancestors. Till today, ceremonies are still being performed to appease the spirits of the ancestors, hence one of Sabah's names – Land of the Sacred Mountain.

Flora

More than half of all the world's flowering plants are said to exist in this park. A recent study revealed that Mount Kinabalu hosts as many as 6,000 species of flora, comprising over 200 families and 1,000 genera.





Within its area of 753km², the park hosts numerous climatic zones that support an extraordinary range of habitats. In just 3km, the vegetation can change from lush tropical lowland forest to cool alpine meadow and everything else in between.

Up to around 1,000m, the tropical rainforest predominates, with the main trees being of the dipterocarp family, which are mainly hardwoods and grow to 50m or more.

The park has a great variety of wild fruit trees such as *rambutan*, mango, durian, figs and *tarap*. Many species of palm, ginger and bamboo are also common at the lower elevations: over 52 species of palms from 10 genera have been recorded here. Some 608 fern species have been described so far (more than those in the whole of Africa) in all the park's climatic zones.

Both epiphytic and terrestrial orchids are found at all altitudes, and it is estimated that over 1,000 species in 120 genera exist in the park. The Rothchild's Slipper orchid, a superb specimen, has petals that can reach 12cm and is said to resemble the outstretched arms of the KadazanDusun people performing the Sumazau dance.

Rafflesia, the world's largest flower, is also found here. Three species have so far been discovered, *rafflesia keithii*, *rafflesia pricei* and *rafflesia tengku-adlini*. A parasitic plant, the *Rafflesia* spreads thread-like filaments inside the roots and stems of forest vines to absorb nutrients. Buds that look like drab cabbages develop on the vine and take about nine months to bloom. The flowers only live for three to four days, emitting an unpleasant odour that attracts insects for pollination. The *rafflesia keithii* flower can reach almost 1m in diameter.

The lower montane forest, between 1,200m and 2,200m, consists primarily of temperate deciduous trees, with oak, chestnut, myrtle, laurel, eucalyptus and tea trees predominating. There are more than 60 species of oak and chestnut.

The tropical pitcher plant thrives on Mount Kinabalu. At least 10 out of the 30 or so species in Borneo are found mainly in its lower montane zone. The striking part of this plant is its colourful cup, which it uses to trap insects for food. Some of these cups can be very large. Spencer St. John, a government official who climbed Kinabalu in 1858, wrote that he found one so huge its pitcher held four litres of liquid and a dead rat.



Above 2,200m, the trees are stunted and covered with mosses and liverworts. In this upper montane zone up to around 3,200m, rhododendrons predominate, their red, pink, orange and white blooms adding colour to the mist-shrouded forests. At least half of the over 50 species of rhododendrons in Borneo are found within the park, with five or six species not existing anywhere else in the world.

Above the 3,200m mark, rhododendrons and conifers give way to alpine meadows supporting vegetation typical of the European alpine meadows such as

Getting There

The park is about two hours' drive from Kota Kinabalu. Buses to the interior town of Ranau usually leave the main outstation bus depot at every other hour beginning at 7am and pass the entrance to the park headquarters (80km).

To return to Kota Kinabalu, just wait outside the park entrance from 9am for the numerous buses that ply the route.

Taxis are also available from the bus depot. You are advised to negotiate your fare before boarding. One taxi for four persons is approximately RM80. Return fares can be negotiated.

The other alternative is to hire your own vehicle from one of the many car rental companies.

Poring, located 40km from the main park headquarters, is accessible by road through Kundasang and Ranau.

The Kinabalu Climbathon

The toughest mountain race in the world is a 21km-gruelling race to the summit of Mount Kinabalu (4095m). The run is divided into two main categories – men and women. However, there are senior men and women categories as well as junior categories. The race starts off at the Timpohon Gate and is a true challenge to the spirit of human endurance.

The race covers an ascent of 2,250m and is done at a punishing pace. If you can't do a normal marathon in less than three hours, don't bother. The current record, set in 2003 by Marco de Gasperi of Italy, is two hours, 36 minutes and 59 seconds. The Kinabalu Climbathon is one of only seven such races in the world endorsed by the Federation of Sports at Altitude for the running World Championship Circuit. Prizes total around US\$40,000.

To enter the race, contact www.sabahtourismboard.com.

The Climb

The climb up Mount Kinabalu can be done in two days. However, a more leisurely three days will allow one to really enjoy the rich biological diversity here.

There are two trails to the top – the Summit trail and the Mesilau trail, which converge at Layang Layang (Carson's Camp) at 3,740m above sea level. The Summit trail entails a four to five hours' climb whereas the Mesilau route takes an extra hour or two to reach Panar Laban/Laban Rata, the overnight stop.

Climbers usually set off for the peak at 3am for the three-hour climb to the summit, arriving in time to see the spectacular sunrise (weather permitting). The descent to the Timpohon Gate (the starting point) is usually accomplished within six hours.

■ Accommodation

There are four different areas to stay in the Kinabalu Park, which can accommodate a large number of visitors.

Kinabalu Park Headquarters

A variety of chalets, lodges, villas, cabins and a hostel for 224 persons are available. There are two restaurants as well as a souvenir and sundry shop.

Laban Rata

At 3,400m, the Laban Rata Resthouse can take 54 guests in rooms of various sizes. There are also four self-caterings huts, sleeping up to 84 people. Sleeping bags and blankets can be hired. The Laban Rata Resthouse has a restaurant.

Poring Hot Springs

The park offers a variety of self-catering chalets, cabins and a hostel for 68 persons. As a campsite is also available here, you can use your own tents or hire from the park. A restaurant exists within the park and is complemented by local food stalls just outside the gate.

Mesilau offers chalets, lodges and hostel accommodation for up to 220 people as well as a restaurant.

■ Attractions and Activities

- Well-marked nature trails and guided walks
- Park Headquarters: Visitors Centre and Kinabalu Natural History Gallery
- Poring: Canopy walkway, butterfly centre, hot pools, orchid conservation centre, tropical garden with an animal rehabilitation farm, picnic areas as well as chalets and hostels
- Mesilau: Nepenthes Rajah Centre and nature trails
- Bird watching

■ The Canopy Walkway

The hike to the canopy walkway at Poring takes about 20 minutes, passing thorny rattan palms, giant dipterocarps, huge epiphytic nest ferns and giant bamboo groves. The 157m walkway comprises four sections laid out in a Y-shape. Single planks are placed on aluminium ladders with rope handrails and netting. At its highest point, the walkway is 41m above the ground providing a gateway to the secret life of the forest canopy.

■ Tips

- Be equipped for cold and wet weather
- Bring water and high nutrient food
- Wear good sturdy boots or shoes

buttercups, gentians, sedges and grasses. On the rocky summit plateau, only tiny mountain orchids and ferns grow where soils have accumulated in crevices or cracks.



Black-sided flowerpecker

Fauna

Most of Borneo's mammals live in the lowlands around Kinabalu Park. The Sumatran rhinoceros and the Borneo wild cattle are still thought to exist within the park although there have been no recent sightings of them. The Asian wild elephant, recently reclassified as the Borneo pygmy elephant, is not known to exist here, however, but many other large Bornean mammals such as the orang-utan have been sighted at elevations of up to 1,400m. Other primates, langurs, monkeys, gibbons, tarsiers and the slow loris have all been seen in the park. Other

large animals include the rare clouded leopard, bearded pig, sun bear and three species of deer - the large sambar deer, the smaller barking deer and the tiny mouse deer. Smaller mammals include tree shrews, squirrels (including tree, ground and flying), pangolins, porcupines, palm civets, rats, mice and bats (including the flying fox). A few species of insectivores, of which the moon rat is most well known, also inhabit the park.

Around 330 species of bird including hornbills, eagles, black and red mountain blackbirds, dark olive black eyes, Sunda bush-warblers and short-tailed bush warblers have been sighted within the park. Partridge, kingfishers, thrushes and the Kinabalu serpent eagle are often spotted along the trails.

There are more than 60 species of frogs and toads, over 200 species of butterflies and more than 120 species of moths here. Forty fish species representing nine families are also known to exist in Kinabalu Park and it has more species of stick insects, beetles, moths and butterflies than just about anywhere else on earth. It is also home to the rare flying squirrel, the even rarer flying lemur, flying snakes, flying lizards as well as uncountable species of insects.

■ Facilities



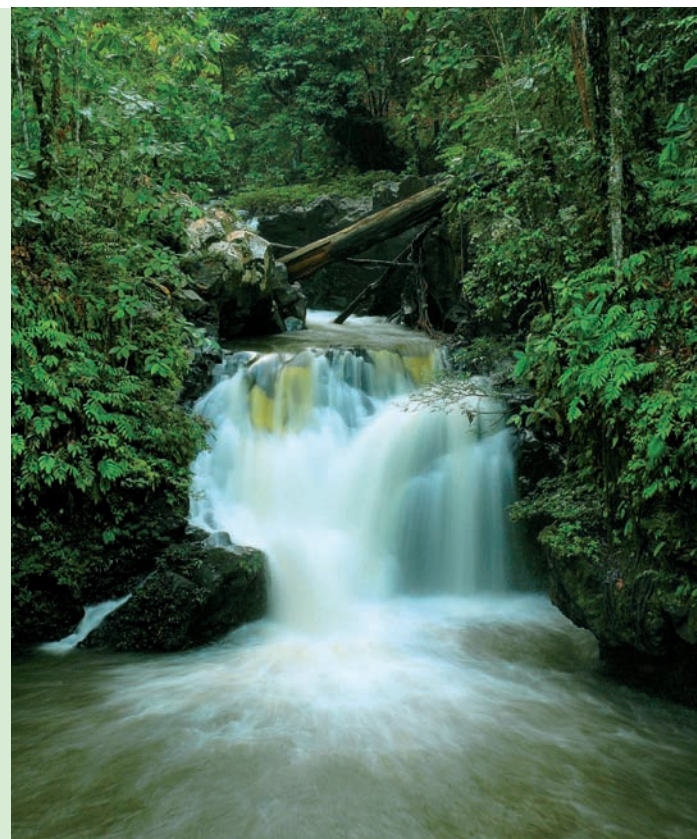
■ Fees

- Climbing permit – RM50 per person
- Guide – Average RM40 per day
- Porter – Average RM40 per day per 10kg (Fees are subject to change)

■ Further Information

Sabah Tourism Board
Tel : 088-212 121
Fax : 088-212 075
E-mail : info@sabahtourism.com
Website: www.sabahtourism.com

Sabah Parks
Lot 1-3, Block K, Ground Floor
Sinsuran Complex
Kota Kinabalu
Sabah
Tel : 088-212 719/211 881
Fax : 088-221 001
E-mail : info@sabahparks.org.my
Website: www.sabahparks.org.my





CROCKER RANGE PARK

The Crocker Range divides the Western Coastal plains from the rest of Sabah and is located just to the south of Mount Kinabalu. This long range of hills, to the east and south of Kota Kinabalu, is a giant backbone of green clad ridges that stretches down the west coast from Mount Kinabalu through the Padas Gorge to the swamp forests along the Sarawak border.

Designated as a forest reserve in 1968, it was gazetted as the Crocker Range Park in 1984. Covering an area of 1,391.19km², the park is an important water catchment area, receiving 3,000mm to 4,000mm of rainfall a year. Running almost parallel to the coastline in a northeast - southwest direction, the park stretches from just south of Kundasang in the north to Tenom in the south.

The Padas River, one of the many emanating from the park, bisects the range between Beaufort and Tenom through the swift flowing, boulder strewn, Padas Gorge. Although not navigable by boat, this area offers the best whitewater rafting in Borneo. A railway line skirts the river through the gorge on its journey from Kota Kinabalu through Beaufort to Tenom. The park is also bisected by roads in both north-south and east-west directions.

Getting There

You can travel by road from Kota Kinabalu via Papar or Tambunan as both roads traverse the park. The visitors' centre is only 13km from Keningau town. Buses run regularly to Keningau from the Kota Kinabalu long distance bus station near the Merdeka Field and taxis will take you from Keningau to the Crocker Range Station. You can also opt for a long distance taxi from Kota Kinabalu.

If you take the Tambunan road, you will pass the Rafflesia Information Centre and can stop for an hour or so to see this wonderful and unusual plant. The town of Tenom can be reached either by train from Kota Kinabalu via Beaufort and through the Padas Gorge (an experience to be savoured) or directly by road from Kota Kinabalu.



The Crocker Range Park Headquarters is approximately 144km from Kota Kinabalu and 13km from Keningau town in the heart of the range. A camping ground and a visitors' centre exist, providing basic facilities.

A facility opened in 2004 provides an ideal place for meetings, camping, jungle trekking and outdoor educational activities. It is close to Rafflesia sites and offers trekking courses, camping grounds and tents.

■ Attractions and Activities

- Tambunan Rafflesia Conservation Centre
- Various local *tamu* or open markets
- Tenom Agricultural Park, Orchid Centre and Botanical Gardens at the southern end of the park close to Tenom
- Jungle trekking – long-range treks lasting five days with homestay accommodation
- White water rafting
- Bird Spotting

Note: Visitors are advised to make arrangements with reputable travel agents for jungle trekking and white water rafting.

■ Facilities

■ Further Information

Crocker Range Park
(Keningau Head Station)
Tel : 019-862 0404
Fax : 087-330 924



Wild raspberry

The Crocker Range was formed several million years ago when movements beneath the earth lifted and folded the sedimentary rocks into valleys and ridges. The ravages of weather have reduced the height of these sandstones and shale ridges with the highest point now being Gunung Alab (1,964m), which is just outside the actual park boundary, above the Sinsuran Pass. Virtually all of the park stands at a minimum 300m above sea level.

Flora and Fauna

The dipterocarp forest of the lower elevations is still primarily untouched. At higher elevations, the forest is rich in oaks, chestnuts and conifers such as *Agathis spp*, while drifting mists on the highest ridges provide ideal conditions for thick mossy forests with orchids, rhododendrons and pitcher plants.

The world's largest flower, the Rafflesia, is endemic to the region and there are two well known sites in a forest reserve a few minutes walk off the main road from the Rafflesia Information Centre near Sinsuron on the KK-Tambunan road.

Rafflesia pricei is perhaps the most common of the parasitic rafflesia species found in Sabah, the others being *rafflesia arnoldii*, *rafflesia keithii* and *rafflesia*

tengku-adlinii. Classed as the world's largest flower, some species can weigh as much as 9kg and be one metre in diameter.

Rafflesia is a rootless, leafless and stemless parasite, totally dependent on its host vine, *Tetrastigma* (related to the grape vine). The only body outside of the flower are strands of fungus-like tissue that grow inside the vine. It first manifests itself as a bud on the vine, swelling to a cabbage like head and then bursts open around midnight on rainy days (many buds rot before they can flower). They only flower for a few days and then begin to rot. At this stage, they start to smell like rotten meat, which attracts the flies it needs for pollination.

Currently, five species of primates have so far been recorded in the park. The orang-utan does exist in the park but is rarely seen.

Long-tailed and pig-tailed macaques, gibbons and the furry tarsier, with its huge eyes and frog-like hands and feet, are common. Squirrels, tree shrews and the civet cats are more likely to be seen. Whitehead's pygmy squirrel and giant red flying squirrels can sometimes be seen at dusk. The clouded leopard, *Neofelis nebulosa*, is known to inhabit the park while bears and wild pigs roam the forest floors.

The bird life is more diverse and easier to see. Hornbills, pheasants and partridges, as well as whitehead's spiderhunter with its long sickle bill, and the golden-naped barbet, whose 'took-took-terook' sound echoes through the forest, are perhaps the most well known. There are hundreds of other species.





Giant millipede

TAWAU HILLS PARK

Lying just 24km northwest of Tawau, a town in southeastern Sabah, the Tawau Hills Park was given park status in 1979. It is a major water catchment area for the town of Tawau and the Semporna Peninsula.



Comprising 27,972ha, the Tawau Hills Park has seven major rivers originating from it. The Tawau River flows through the middle of the park and forms many natural deep water pools and waterfalls with the Table Waterfall being the most well known. Showers, toilets and changing rooms are close to the falls.

Oil palm, cocoa and rubber plantations fringe the park and a network of roads, passing these estates, leads to the park.

The park comprises rugged volcanic landscapes and the soils of the area are by far the richest in Sabah, being volcanic in nature. However, there are no volcanoes except for a few mud volcanoes testifying to former volcanic activity.

Flora and Fauna

Lowland dipterocarp forest dominates the park and thick damp, mossy forest takes over at heights of over 800m. The terrain is hilly with two prime elevations – Gunung Magdalena (1,310m) and Gunung Lucia (1,201m). Also found within the park is Bombalai Hill (530m), which is the remains of a crater.

The *mengaris* tree with its smooth grey trunk, noted for its attraction to honeybees, is common in the area. The bees build their honeycombs very high, out of reach and well away from predators.

Orchids, ferns, other epiphytes and forest herbs grow in abundance. Long-tailed macaques and red leaf monkeys inhabit the area but are not easy to see. Giant tree squirrels, the forest tortoise, creamy white leaf monkeys, civet cats and leopard cats, including the clouded leopard, though rarely seen, are not uncommon. Of course, as with all jungle areas, wild pigs and deer traverse the forest floor. The Borneo pygmy elephant, whose taxonomy was only recently classified, also roams this area.

Birds include hornbills, pheasants, kingfishers and many other species. Jungle insects are profuse, including both the flying and the ground dwellers. Moths – the giant atlas moth in particular, beetles, centipedes and millipedes, along with frogs, rodents and snakes are plentiful.

Getting There

The park headquarters at the southern boundary is only 24km from Tawau town. It is accessible by a maze of plantation roads of various standards. However, visitors have to make their own arrangements to get there.

Taxis and buses are available for hire from Tawau as are four-wheel drive vehicles. It is easier to purchase a tour package from a local tour operator or have them pick you up at Tawau airport, which is accessible from Kuala Lumpur (direct) or Kota Kinabalu. An entrance fee is charged.

Accommodation

Hostels and a jungle lodge are available along with a large campsite that can accommodate up to 500 people. There is a cafeteria that provides simple meals and drinks. Barbecue pits are provided in various areas making it a popular destination among the townsfolk of Tawau.

Those who wish to camp must bring their own equipment. Agathis hostel A and B provide a total of 19 rooms, each with four beds, shared bathrooms as well as a common kitchen and eating area. The jungle lodge is a colonial-style bungalow run by the park's staff cooperative.

Attractions and Activities

- Well-maintained and well-marked trails with designated rest areas
- Large plants and trees
- Relaxing in therapeutic hot springs
- Dipping in the waterfalls and pools

Facilities



Further Information

Sabah Parks
Lot 1-3, Block K, Ground Floor
Sinsuran Complex
Kota Kinabalu
Sabah
Tel : 088-212 719/211 881
Fax : 088-221 001
E-mail : info@sabahparks.org.my
Website : www.sabahparks.org.my



Red-winged dragonfly



Proboscis monkey

BAKO NATIONAL PARK

The Bako National Park is located on the tip of the Muara Tebas peninsula, at the mouth of the Bako and Kuching Rivers. It was established in 1957 and is the oldest national park in Sarawak. Covering an area of 2,727ha, it is relatively small compared to some of the other parks in the state, but what it lacks in size is more than made up for by the sheer diversity of its natural attractions.

For starters, there is its coastline of steep cliffs and rocky headlands, made more picturesque by a myriad of fantastic arches and sea stacks displaying striking patterns formed over the millennia by iron deposition. Bako also contains much of the plant

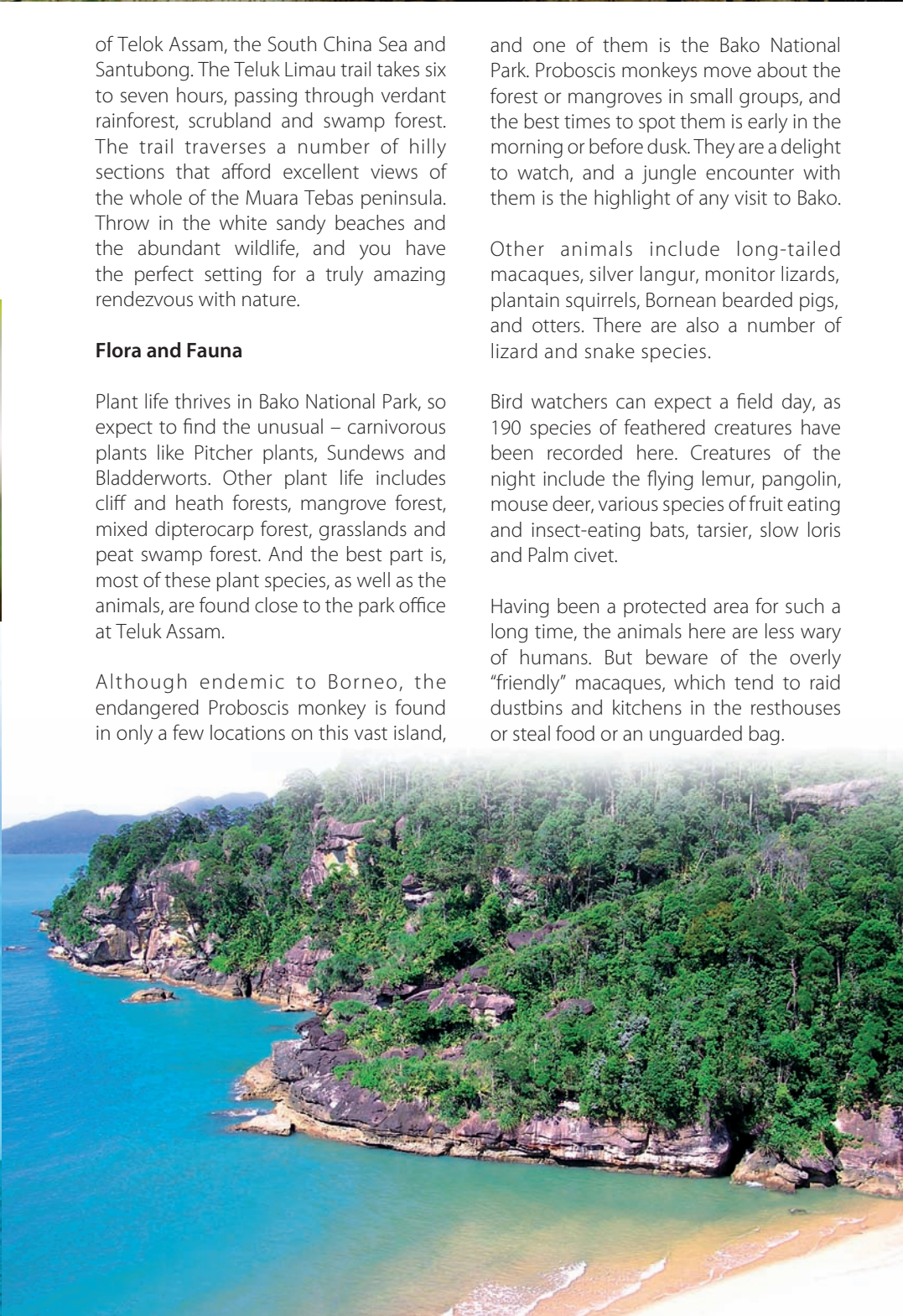
life existing in Borneo, which is only natural since it has over 25 distinct types of vegetation from seven complete ecosystems: beach vegetation, cliff vegetation, heath forest, mangrove forest, mixed dipterocarp forest, grasslands and peat swamp forest.

These ecosystems are easily explored via a well-maintained network of colour-coded trails. These range from easy strolls, such as the 30-minute Tanjung Sapi trail, to full-day treks, like the Teluk Limau trail. The Tanjung Sapi trail is a steep climb through cliff vegetation and offers excellent views

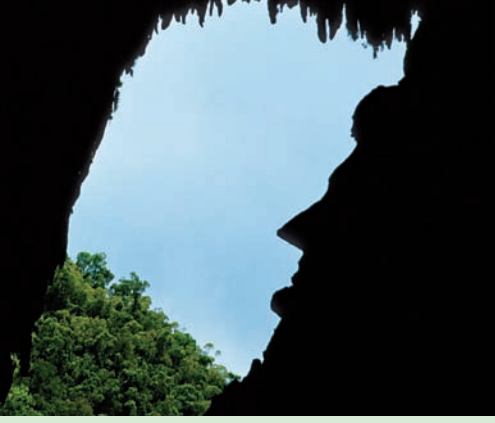


Pit viper





21



GUNUNG MULU NATIONAL PARK

Gunung Mulu National Park is Sarawak's largest at 52,865ha. Sarawak itself boasts 11 national parks that are open to the public. However, it is not only the largest, it is also a UNESCO World Heritage Site. The park was first constituted in 1974, opened to the public in 1985 and designated a World Heritage Site in 2000.

Getting There

Mulu is accessible by air from either Miri, Limbang or Marudi. It is also accessible by river. However, visitors wishing to make the journey by river are advised to liaise with a tour operator as there is no regular boat service to Mulu.

Accommodation

Accommodation within the park is located on the edge of the rainforest by the Melinau River. The park headquarters can take in 80 people in a variety of accommodation. Rooms have facilities for making tea and coffee.

The Longhouse Rooms with ensuite are suitable for two to four persons and are air-conditioned. Other rooms have ensuite and ceiling fans while the dormitory has 21 beds and shared bathing facilities.

Attractions and Activities

- Gunung Mulu : World Heritage Site and sandstone outcrop
- Gunung Api : limestone outcrop and Pinnacles Trail
- Deer Cave
- Clearwater Cave
- Jungle trekking and night walks
- Mulu canopy skywalk
- Cave life : bats and swiftlets

Facilities

Further Information

Gunung Mulu National Park
Tel : 085-792 300
Fax : 085-792 305
E-mail : enquiries@mulupark.com
Website : www.mulupark.com

Royal Mulu Resort
Tel : 085-790 100
Fax : 085-790 101
E-mail : sales@royalmuluresort.com

Note: For longer treks such as the Pinnacles or the Headhunters trail, guides are required and they need to be booked at least one day in advance. During the peak season, however, they may be fully booked weeks in advance.

Important both for its high biodiversity and its karst features, the park contains 17 vegetation zones with some 3500 species of vascular plants.

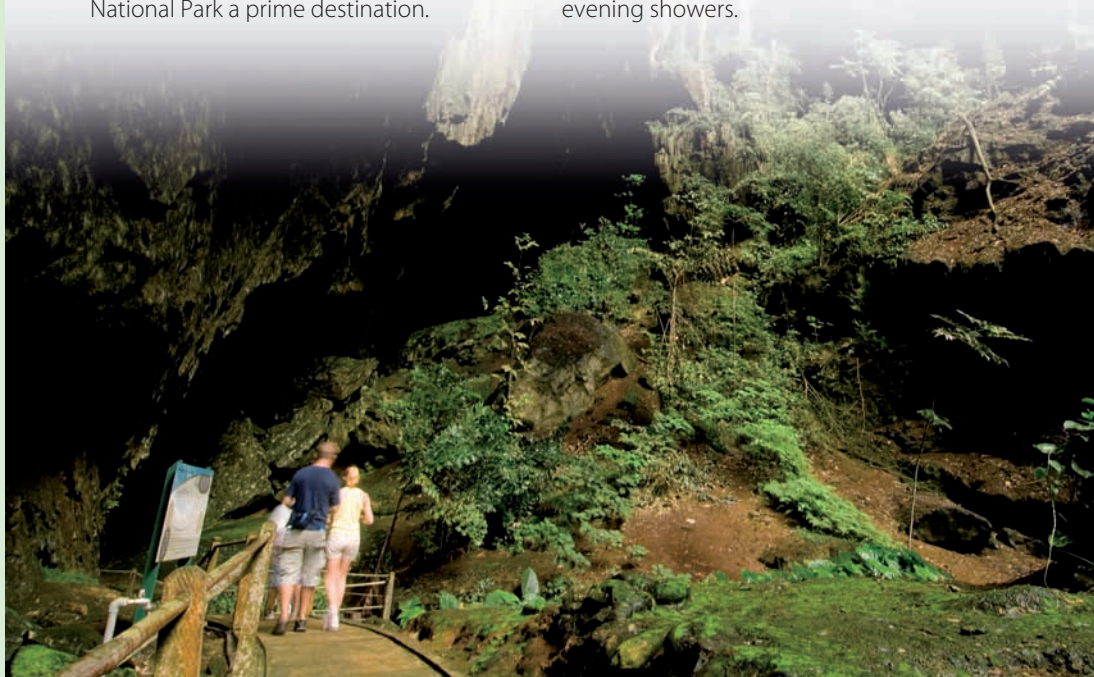
It is extremely rich in palm species with over 100 species in 20 genera so far identified. Dominated by Gunung Mulu, a 2,377m high sandstone pinnacle, the park is home to 295km of explored limestone caves, which in turn are home to millions of cave swiftlets and bats. The Sarawak Chamber, 600m long by 415m wide and 80m high, is the largest known cave chamber in the world while the Clearwater cave system is home to the world's longest cave passage, at 51.5km in length.

Geologically, the park is a combination of alluvial clays with sandstone and limestone formations. The concentration of caves in the Melinau formation with its geomorphic and structural characteristics demonstrate an evolutionary history of more than 1.5 million years and provides a rare opportunity to study theories on the origins of cave fauna. It is the most studied tropical karst area in the world.

Its outstanding scenic wonders – deeply incised canyons, rivers, rainforest covered mountains, spectacular limestone pinnacles and caves coupled with the huge range of biodiversity – make Mulu National Park a prime destination.



The rivers are the primary means of transport as Gunung Mulu's steep landscape only allows access by the rivers at lower elevations along the park's boundaries. It has a very high rainfall, even by tropical standards, averaging around six metres a year. However, weather patterns are fairly constant with clear mornings and late afternoon or evening showers.





Green lizard



Flora and Fauna

The topography from only 50m above sea level near the park headquarters to the peaks of Gunung Api (1,628m) and Gunung Mulu coupled with the wide range of soil types provide for the diverse vegetation formations. Some 17 zones have been identified with over 3,500 species of which 2,000 are flowering plants.

Mixed lowland dipterocarp forest occurs up to about 800m with 284 tree species being recorded in a 1.2ha area. Dominant at this level are the *Shorea* and *Dryobalanops*. The lower montane forests range from 800m to 1,200m. Here the dipterocarps give way to oaks and myrtles with ground herbs increasing in number. In the upper montane forests above 1,200m, oaks and chestnuts predominate with montane flowering plant families, pitcher plants, *nepenthaceae*, mosses and lichens at the upper levels.

The variety of fauna is no less impressive. So far 67 mammalian species have been identified along with over 260 species of bird. More than 20,000 species of invertebrates have been documented as well as 25 snake species, 75 amphibian species, 23 lizard species and over 320 fish species. This, however, is still the tip of the iceberg of the total number of estimated species.



It is thought that the Sumatran rhinoceros, the orang-utan and the native wild cattle *banteng* have ceased to exist within the park but four species of monkeys, tarsiers, slow loris, wild deer (three species), the bearded pig and the Malayan honey bear are still found within the park's boundaries.

Other important species include the pangolin – *Manis javanica*, squirrels and the pygmy shrew, the world's smallest mammal weighing only 2g. Bats, of course, inhabit the caves and 201 species have been named so far.

A staggering number of insect species is found in the park. So far, 458 species of ant have been identified. A large number of insects with camouflage, such as stick insects and leaf insects, are easily spotted if one looks very carefully. There are also many species of stag and rhinoceros beetles as well as cicada.



Wild tropical mushrooms

NIAH NATIONAL PARK

First gazetted as a historical site in 1958 due to the archaeological importance of the Niah Caves, it was further declared as a national park on 23 November 1974. Although only 3,138ha in size, it is one of the most important parks in Sarawak. Forty thousand years ago, the caves at the Niah National Park provided refuge for early humans, making it the oldest known site of human existence in Southeast Asia. Today, however, the caves are home only to swiftlets, bats and other specially adapted forms of life, with the exception of a few locals who collect guano and bird nests.

The Great Cave, about 3km away from the park office, is accessible by a plank walkway enclosed on both sides by dense primary rainforest. One will see the enormous buttressed roots of the *Koompassia excelsia* and *pandanus* plants twice the size of a human. The west mouth of the Great Cave is one of the world's most spectacular cave entrances. It is 60m high and 250m wide and leads to an even larger chamber.

The Jalan Madu trail has red and white markings. It sticks close to the banks of the Subis River and takes about an hour to complete. The trail passes through both alluvial and peat swamp forest.

After passing through the large chamber and Moon Cave, the plank walk emerges into daylight again and a short path through the forest leads to the Painted Cave. This is famous for its wall drawings of spread-eagled human hands and other animals drawn using red haematite. An Iban longhouse is located just near the park and visitors are welcome. A short walk along the Niah River from the park headquarters will take you to Batu Niah town.

Apart from the caves, several kilometres of forest trails exist in the park, and the 400m tall limestone ridge, Gunung Subis, is also accessible. There are two marked walking trails, Jalan Bukit Kasut and Jalan Madu. Jalan Bukit Kasut is colour coded with green and white markings and leads to the summit of Bukit Kasut, passing through primary rainforest and *kerangas* forest at the foot of the hill. The trail is steep but the summit offers a sweeping panorama of the rainforest canopy.

Early excavation in 1957 of the west mouth of the Great Cave revealed evidence of a virtually continuous habitation of the cave for many thousands of years. In 1958, the skull of a modern human was



Black-nest swiftlet



found and is carbon dated to 40,000 years before present. This simple find sealed Niah's importance as one of the world's important archaeological sites.

Flora and Fauna

The surrounding forest is mainly peat swamp dipterocarp forest with large numbers of fig trees. The limestone vegetation shelters balsam and begonia species as well as scrub growth. At night, many luminous fungi can be clearly seen. There are two well-marked trails. Jalan Bukit Kasut takes you to the top of a limestone hill from where you can look at the forest canopy below while

Jalan Madu skirts the banks of the river Subis and takes about an hour to walk, passing through alluvial and peat swamp forest. Wild orchids, strange fungi and giant *pandanus* plants are also common.

Long-tailed macaques are always conspicuous, and there are also pigs and deer but they are seldom seen. Birds, however, are plentiful, and bulbuls, partridges, trogons and hornbills are easily spotted.

The park is also home to the nocturnal Bornean tarsier, squirrels, flying lizards and, of course, the bats and swiftlets.

Getting There

Niah is within easy reach of Bintulu (131km) and Miri (109km). Visitors can charter taxis from Miri City, which will take them to the national park. Rental cars are also available – visitors can enquire at their hotels or refer to the Yellow Pages. They can also take an express bus from Miri or Bintulu to Simpang Ngu and from there, take a taxi straight to the national park. Another option is to join the guided tours offered by local tour operators.

Accommodation

Accommodation consists of chalets and hostel-style rooms with electricity and shower. However, cooking facilities are not available. Please contact the National Parks Booking Office in Miri for the room rates and to make reservations.

If you need to stay in Batu Niah (to catch an early bus, for example), there are a range of lodging houses and small hotels. Batu Niah is a bustling little township where you can find coffee shops and restaurants.

Attractions and Activities

- Archaeological cave site
- Swift nests and bats
- Giant Pandanus
- Iban longhouse
- Jungle trails

Facilities



Further Information

National Park Booking Office
Sarawak Forestry Corporation
Tel : 085-434 184
Fax : 085-434 179
E-mail : info@sarawakforestry.com
Website : www.sarawakforestry.com





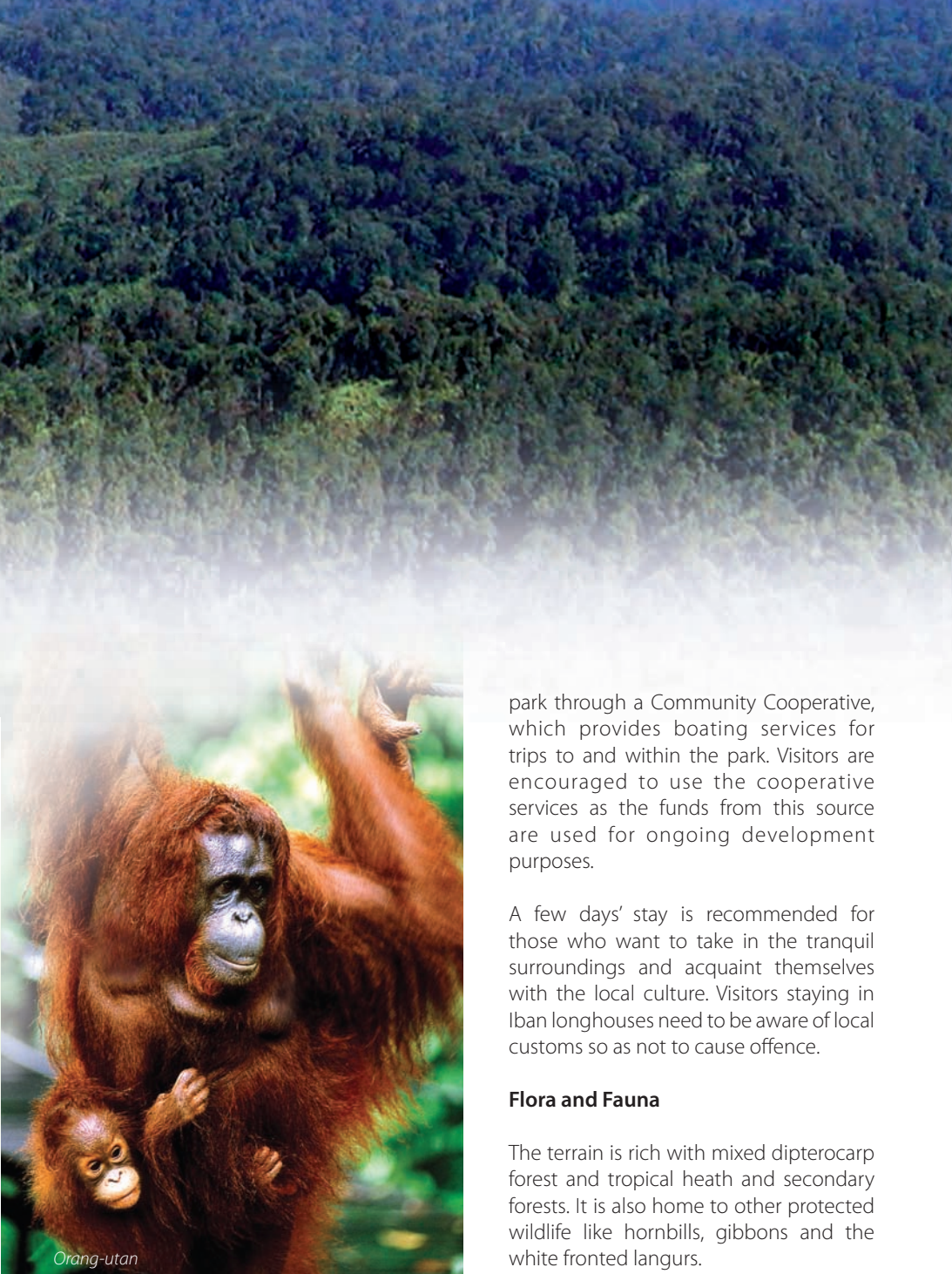
BATANG AI NATIONAL PARK

Imagine cruising up fast flowing rivers, their banks lined with branches of trees reaching down to touch the water's edge. During the dry season when the water level is low, you might even have to help push the boat upstream. This is one of the attractions of the Batang Ai National Park, located in Sri Aman Division, southwest of Sarawak near the Indonesian border.

Spanning 24,040ha, it was gazetted in 1991 and now shelters many protected animals, the most famous being the endangered orang-utan. It also serves as a water catchment area for a huge artificial lake created by the construction of the Batang Ai hydroelectric dam. The lake extends up to the Engkari and Ai Valleys, where the scenery is one of utter peace and tranquillity.

There are a host of activities to be pursued in Batang Ai National Park, but the highlight of any visit will most definitely be an encounter with the man of the forest, the orang-utan. This primate is the largest of its kind and can grow to 1.5m tall and weigh 200kg! It makes a nest in the trees to sleep in at night.





Orang-utan

park through a Community Cooperative, which provides boating services for trips to and within the park. Visitors are encouraged to use the cooperative services as the funds from this source are used for ongoing development purposes.

A few days' stay is recommended for those who want to take in the tranquil surroundings and acquaint themselves with the local culture. Visitors staying in Iban longhouses need to be aware of local customs so as not to cause offence.

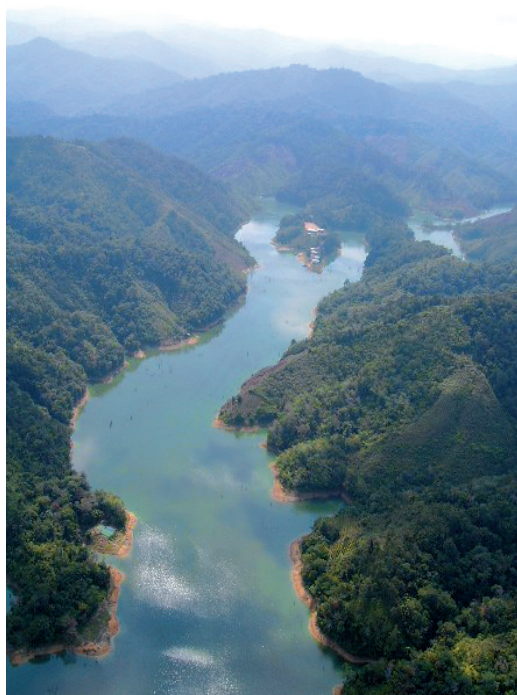
Flora and Fauna

The terrain is rich with mixed dipterocarp forest and tropical heath and secondary forests. It is also home to other protected wildlife like hornbills, gibbons and the white fronted langurs.

The more energetic and adventurous souls can go for jungle treks, following any of five well-marked trails that traverse mixed dipterocarp forest, old secondary forest, active shifting cultivations areas and ancient burial grounds.

Iban longhouses upriver are another major attraction. Here, visitors can experience the authentic longhouse atmosphere as most of the longhouse dwellers still practise their traditional lifestyle. The Iban produce local handicrafts, like their famous *pua kumbu* or woven blankets, rattan backpacks, rattan mats and even gourd for collecting water.

In a unique arrangement, the local communities are involved in the management and conservation of the



Getting There

The park is located about 275km from Kuching. The journey by road from Kuching to Batang Ai Dam takes about five hours, while the boat trip from the dam to the park takes another two hours.

Accommodation

Accommodation facilities are not available within the park but there are several longhouses outside the park area that offer basic lodgings and the chance to experience local lifestyle. Stays in these longhouses are normally arranged by Kuching-based tour operators. Independent travellers may experience problems if they arrive unannounced.

The Hilton Batang Ai Longhouse Resort, much further away, provides luxurious longhouse-style accommodation. Bookings are generally done through the Hilton Hotel in Kuching.

There is no food available for sale inside the park or in the immediate vicinity of the park.

Attractions and Activities

- River cruises
- Jungle walks
- Iban longhouse visit
- Wildlife spotting: Orang-utan, hornbills and gibbons

Facilities



Further Information

National Park Booking Office
Sarawak Forestry Corporation
Tel : 082-248 088
Fax : 082-248 087
E-mail : info@sarawakforestry.com
Website : www.sarawakforestry.com



Rajah Brooke

Getting There

The Gunung Gading National Park is located near the small town of Lundu in southwest Sarawak, about two hours' drive from Kuching. From the Brooke Dockyard (Gambier Street) bus station, take the Sarawak Transport Company bus to the 3rd Mile Bus Terminal. From there, take the express bus to Lundu – the journey takes approximately one and a half hours. From Lundu take a van or taxi and ask to be dropped off at the park office. Additionally, Kuching tour operators offer guided tours to the park.

Accommodation

There are two chalets, each with three bedrooms that can take in up to six people. There is also a hostel with four rooms, each having four bunk-beds. Campsites are provided, but visitors need to bring their own camping gear. There is 24-hour electricity supply. Accommodation is also available in Lundu, Pandan and Siar.

There is no canteen in the park so pack some food or go to restaurants in Lundu town.

Attractions and Activities

- Flora and fauna
- Rafflesia site
- Swimming
- Jungle trekking
- Mountain climbing

Facilities



Further Information

National Park Booking Office
Sarawak Forestry Corporation
Tel : 082-248 088
Fax : 082-248 087
E-mail : info@sarawakforestry.com
Website : www.sarawakforestry.com



Cup fungus

GUNUNG GADING NATIONAL PARK

Granite massifs capped by rugged mountain peaks dominate this park, which is also known as the "Home of the Rafflesia". Located in Lundu district in southwest Sarawak, Gunung Gading National Park is home to Mount Gading, which peaks at 965m.

The mountain terrain in this 4,106ha park was gazetted in 1983. It extends to the coast, providing a scenic backdrop to the lovely beaches at Pandan and Siar as well as the town of Lundu. Gushing waterfalls at the upper reaches of Sungai Lundu, which begins life in this mountain range, entice visitors to come and view them. The more energetic ones can hike to the summit of Mount Gading to enjoy the view of the surrounding area.

This park is home to numerous rare plants, but it is mainly famous for the world's largest flower, the *rafflesia tuan-mudae*, known locally as *bunga pakma*. At full bloom, this flower is nearly one metre in diameter, and it stays in full bloom for about a week only. There is no guarantee that visitors will get to see the flower, as they are not frequent bloomers. As such, visitors are advised to check with the park headquarters or the National Park Booking Office to find out if any flowers are in bloom, or are about to bloom.

Protecting the delicate ecosystem of the park, especially the areas where the Rafflesia are commonly found, is paramount. A network of plank walks and jungle trails have been built to allow visitors to tour the park without doing any damage to the forest floor.

Flora and Fauna

Besides the Rafflesias, other plant life here reflects the natural vegetation, which is mainly mixed dipterocarp forest that gradually gives way to lower montane forests at the higher altitudes.



LEGEND
 * Place of Interest
 --- Trekking Trail
 --- River
 --- Road

GLOSSARY
 Bukit - Hill
 Gunung - Mountain
 Kampung - Village
 Sungai - River

Birds are endemic, and species recorded include the Great Argus pheasant, grey and buff woodpecker, Diard's Trogon, black and yellow broadbill, Brown Fulvetta, kingfishers, barbets, flycatchers, Asian starlings and spider hunters.

Millipedes, beetles and cockroaches are among the creepy crawlies that have made their home on the forest floor, along with spiders and a host of very alien-looking bugs. The discovery of a new species of tree frog, *rhacophorus gadingensis*, in Gunung Gading was reported in the Raffles Bulletin of Zoology 2005.



Diard's Trogon

SIMILAJAU NATIONAL PARK

This park is a strip of narrow rocky shoreline on the coast of Bintulu Division (30km from Bintulu town). It is dominated by numerous small inlets of crystal clear, freshwater streams, many cascading down from small waterfalls right onto unspoiled, golden sandy beaches. Similajau has been named "the place where the rapids meet the sea".

Declared a national park in 1976, it covers 7,064ha of virgin forest, starting from Sungai Likau in the south to Sungai Similajau, 30km to the north. In 2000, the park area was expanded when another 1,932ha was added to it. Batu Mandi, a "rocky island" located 500m offshore of the park headquarters, is a popular spot for fishing.

There is an information centre where exhibits on the park's history as well as its flora and fauna are displayed.

Flora and Fauna

Vegetation in the park progresses from beach, *kerangas* to mixed dipterocarp following the lay of the land. Various species of plants, trees and wildlife, among them Tongkat Ali (*Eurycoma longifolia*), the natural "Viagra" of Borneo, are found here. Pitcher plants also abound, ranging in size from 1cm (smallest) to 20cm, and tiny but colourful orchids add colour to the forest foliage.

The park is home to gibbons, banded langurs, long-tailed macaques, shrews, mouse deer, wild boars, civets, barking

deer, squirrels and porcupines. Aquatic wildlife includes the saltwater estuarine crocodile (*Crocodylus porosus*), dolphins, and green turtles (*Chelonia mydas*). The false gharial (*Tumistoma schlegelii*) has also been sighted in the Likau River.

As for the feathered denizens of the park, there are 185 different species, including seven species of hornbills and migratory water birds like the rare Storm's stork.



Getting There

The park headquarters at Kuala Likau is accessible from Bintulu by boat. The journey takes one hour.

The park is also accessible by road (taxi) from Bintulu. There is a bus service that drops visitors 9km from the park. From there, they can hire private transport or walk to the park headquarters. A taxi direct to the park is a better option.

Accommodation

There are five two-room chalets (four beds per room) and two four-room hostels (four beds per room).

There are more hostel-style accommodation, which vary in size and can take about 130 people in various configurations.

There is also a campsite that can accommodate 250 campers at any one time but you need to bring your own equipment.

Cooking is not allowed inside the chalets or hostels. Visitors can have their meals and drinks at the canteen.

Attractions and Activities

- Cool jungle streams, pools and waterfalls
- Rapids
- Golden sandy beaches
- Jungle trekking
- Bird watching
- Animal spotting
- Swimming

Facilities



Further Information

National Park and Wildlife Office
Sarawak Forestry Department
Tel : 082-319 120
Fax : 082-441 702
E-mail :
webmaster@forestry.sarawak.gov.my
Website :
www.forestry.sarawak.gov.my

Note: Although swimming is popular along the beaches, visitors must be aware that saltwater crocodiles inhabit the estuary of the nearby Likau River.



Getting there

Bus no. 11 of the Matang Transport Company plies the route between Kuching and the park. (Check with the Tourism Information Centre for the latest bus timetable). Taxis can also be chartered for a 40-minute trip to the park.

Accommodation

Visitors have a good choice of where they want to put up during their stay in Kubah. There are five large chalets with two air-conditioned bedrooms (six beds) and full kitchen facilities; three chalets with three bedrooms (ten beds), fans and full kitchen facilities; a hostel with three bedrooms (12 beds), fans and kitchen facilities as well as 19 units of jungle huts.

24-hour electricity supply, telephone service, a barbeque area, a mini conference room, as well as an audio-visual and video room are available.

Attractions and Activities

- Scenic nature trails leading to streams and waterfalls
- Matang Wildlife Centre
- Plant and animal spotting
- Jungle trekking

Facilities



Further Information

National Park and Wildlife Office
Sarawak Forestry Department
Tel : 082-319 120
Fax : 082-441 702
E-mail :
webmaster@forestry.sarawak.gov.my
Website : www.forestry.sarawak.gov.my



KUBAH NATIONAL PARK

Scenic waterfalls, lofty peaks, undisturbed natural forests that host a particularly rich variety of rare ferns and orchids: Kubah National Park has these, and more. It is only 20km west of Kuching, the gateway to Sarawak, and it boasts excellent accommodation and facilities, including a mini conference room as well as an audio and video room.

Declared a park in 1989, it is 2,230ha in size, with the bulk of the terrain being a sandstone plateau that peaks to heights of between 150m and 450m in the form of three mountains – Gunung Serapi, Gunung Selang and Gunung Sendok, which can all be seen from Kuching on a clear day. The plateau is also punctuated by a series of picturesque waterfalls that just beckon shutterbugs to snap away, and streams with cool, clear waters that can revitalise tired minds and bodies.

A network of well-marked trails makes it easy for day-trippers to explore the park, but an overnight stay is highly recommended if you want to get the best of it. There are five trails within the park with walking time ranging from 30 minutes for the Selang Trail to about three hours for the Ulu Raya trail, which takes you to the Matang Wildlife Centre. The Matang Wildlife Centre is a sanctuary for the endangered orang-utan. Other trails are the Waterfall, Summit and Main trail.

Flora and Fauna

The park has five main vegetation types: alluvial forest, lowland mixed dipterocarp forest, *kerangas* (heath) forest, sub-montane forest and secondary forest. In this diverse landscape is, naturally, an extensive variety of plant and animal life.



The animal species include bearded pigs, black hornbills, mouse deer, squirrels and numerous species of amphibians and reptiles.

The different vegetation types also support a multitude of plant life, but Kubah National Park is best known for having one of the richest palm flora in the world, as evidenced by the cataloguing of 99 palms in and around the park. Species of palms include rattan, Licuala, Pantu and Pinanga. There is also a fantastic variety of striking orchids, among them the species *Appendicula*, *Dipodium* and *Eria*.

LAMBIR HILLS NATIONAL PARK

Consisting of the central portion of the Lambir hills, a rugged sandstone escarpment around 495m high, the park has outstanding regional and global significance for its extraordinary species-rich forest. It is located about 30km from Miri along the Bintulu road, covers an area of 6,949ha and was granted park status in 1975.

There is a trail system within the park composed of primary, secondary and tertiary trails. There are four primary as well as seven secondary trails and one tertiary trail. All were constructed to allow visitors to explore the park. They are well-marked and lead to waterfalls, pools, hills, valleys and forests. Guides are only required for the summit trail that leads to Lambir's pinnacles.

A number of waterfalls exist within the park with the Latak Waterfall being the most popular among visitors. About 25m high, it plunges steeply into a large deep pool fringed by a broad sandy beach.

One area is classed as a research plot and is operated as a joint venture by the centre for tropical sciences of the Smithsonian Institute, the Ministry of Education, Science and Culture, Japan and the Forest Research Centre, Sarawak. The centre has established a 52ha plot where all trees over 1cm in diameter (at breast height) are tagged. Over 320,000 trees covering 1,200 species have been tagged.

Flora and Fauna

Most of the park is covered with mixed dipterocarp forest where huge hardwood trees, such as *meranti* and *selangan batu* reach great heights. Other forest types include the *kerangas* (heath) forest.

Kerangas comes from the Iban word meaning a place where paddy (rice) cannot grow. *Kerangas* vegetation is found on sandy soils where the water quickly seeps through the ground. These species tend to be smaller, having adapted by spreading out lots of roots to trap water. However, in dry periods, they burn easily.

Apart from the trees, the park has a rich variety of other species including ferns, ginger, vines, fungi, mosses, lichens and flowering shrubs. The area is also rich in palms and pitcher plants.

Bird and animal life is also plentiful. At present, 237 species of birds have been recorded. Bearded pigs, barking deer, scaly anteater, monkeys and gibbons as well as a varied insect life are well represented in the park.



Getting there

Connected by a sealed road from Miri, the park is only a 30 minutes' drive from town. Taxis and buses also ply the route and fares are reasonable.

Accommodation

The park's proximity to Miri makes it a popular destination. There is a variety of forest lodges to suit groups of different sizes. Some lodges have air-conditioning and others have only fans.

An open campsite can accommodate up to 200 people and a small canteen provides simple meals and drinks.

The park also has an information centre, an audio-visual room and toilets.

Attractions and Activities

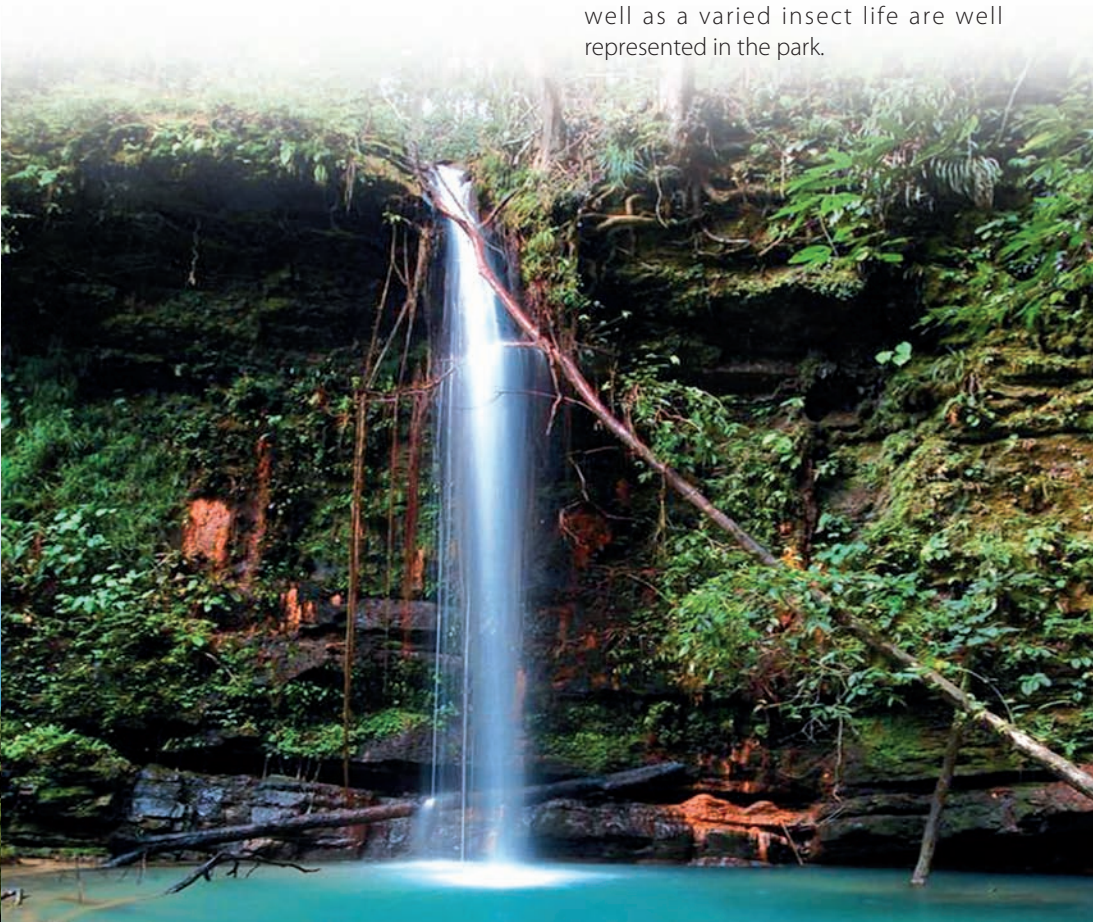
- Waterfalls and pools
- Research plot
- Large dipterocarps
- Forest trails
- Bird watching

Facilities



Further Information

National Park Booking Office
Sarawak Forestry Corporation
Tel : 085-434 184
Fax : 085-434 179
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Website : www.sarawakforestry.com





Sarawak hornbill



TANJUNG DATU NATIONAL PARK

Situated on the extreme western tip of Sarawak on Datu Peninsula, Tanjung Datu National Park shares a border with Kalimantan, Indonesia. It is one of the smallest parks in the state at only 1,379ha but it has such an amazing mix of natural configurations that it has been called the "Heaven of Borneo."

Getting there

To get there, visitors have to hire a boat from the coastal town of Sematan. It takes about 40 minutes to reach the park from Sematan, and visitors are advised to travel there from April to September when the sea is calm. From October until February, the sea is often too rough for small boats.

Accommodation

Accommodation facilities in the park are currently unavailable, but there is a homestay programme. It entails staying with a local family, sharing their food and joining in their cultural events and activities.

Attractions and Activities

- Beautiful beaches
- Interesting flora and fauna
- Cliff shoreline

Facilities



Further Information

National Park Booking Office
Sarawak Forestry
Tel : 082-248 088
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Website : www.sarawakforestry.com

Here, rugged mountains, dissected in certain parts by swift-flowing, crystal-clear streams, open on the coast to small but truly scenic beaches in some areas (particularly Pasir Antu and Pasir Berunput), or drop to the sea off sheer cliffs composed of sedimentary rocks.

The main cliffs at Teluk Labuan Gadong are about 80m high and offer a bird's eye view of the entire shoreline to the north, Teluk Upas and Teluk Jin Siong to the south as well as Teluk Melano village and the surrounding areas. On a clear day, dolphins can be seen swimming near the bay. In the morning, it is possible to hear the call of the gibbon.

The coastline is worth exploring in a kayak to fully appreciate the awe-inspiring physical features of the park, while the

unpolluted sea, which supports a wide range of marine life, is ideal for snorkelling and scuba diving.

Flora and Fauna

Up in the mountains, the flora consists of mixed dipterocarp forest that hosts many different animals species including gibbons, long-tailed macaques, bearded pigs, tufted ground squirrels, peacocks, mouse deer, barking deer, sambar deer and hornbills.

As for marine life, there is an abundance of interesting creatures from dolphins to whales and turtles that come to lay their eggs. King crabs can also often be seen coming out the water while the seas have corals and marine life, which includes octopus and anemones.



LOAGAN BUNUT NATIONAL PARK

Located on the upper reaches of the Bunut River, where Sarawak's largest natural lake (650ha) is found, this park covers 10,736ha and was declared a park in 1991. The local Berawan fishermen call the lake, Loagan Bunut. The Bunut river is a tributary of the mighty Baram river and the lake is connected via a narrow channel to the Baram and Tinjar rivers.

Flora and Fauna

The area surrounding the lake is primarily peat swamp and mixed dipterocarp forest. It is, however, extremely rich in large birds and is a paradise for bird watchers. Darters, egrets, eagles, herons, bitterns, hornbills, kites and kingfishers as well as a host of smaller birds such as bulbuls, doves and drongos are plentiful.

The animal life is typical of peat and dipterocarp forest and includes the bearded pig, barking deer, sambar deer, mouse deer, palm civet, long-tailed macaque, langur and the giant-tufted squirrel.



The Selambau

As the water level in the rivers drops, the flow in the Bunut River is reversed and the lake begins to drain between February and May. It shrinks and exposes a vast expanse of mudflats on which one can walk.

The local Berawan people have developed a distinctive method of fishing called *selambau* in which they literally scoop up the migrating fish as the water levels change. Not only is this successful, it is also ecologically friendly and a major cultural attraction. This technique has been used for centuries and has enabled the Berawan fishermen to manage their fishery effectively, making it sustainable for many generations.



Pitcher plant



LOAGAN BUNUT

LEGEND
 (Red star icon) Place of Interest
 (Blue line icon) River
 (Brown line icon) Road

GLOSSARY
 Kuala - Estuary
 Sungai - River
 Teluk - Bay



Getting there

It is about three hours or 130km from the town of Miri by four-wheel drive vehicle to the park. Public transport takes you to Lapok village, which is about 15km from the park. Here, visitors can rent private transport to the park.

Accommodation

The Forest Hostel at the park headquarters has four rooms, each with seven bunk-beds.

There is also a cafeteria serving simple meals and drinks. Electricity is supplied by generator and is available morning and nights. No cooking is allowed in the rooms.

Attractions and Activities

- Selambau fishing
- Forest trails
- Virgin rainforest
- Bird watching
- Boat trips around the lake

Facilities



Further Information

National Park Booking Office
 Sarawak Forestry Corporation
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 E-mail : info@sarawakforestry.com
 Website : www.sarawakforestry.com





MARINE PARKS

Malaysia is situated at the epicentre of the world's coral diversity. The extensive coral reefs found off the country's coastline teem with a staggering variety of fascinating marine life. They are arguably among the richest environments on earth, rivalling the tropical rainforests in diversity.

Coral reefs are vital breeding as well as feeding grounds and provide sanctuary for over 4,000 species of fish. Uniquely exquisite, they are well-protected and preserved in numerous marine parks located throughout the country.

Dive into our waters and explore the hidden depths, which abound with wondrous underwater gems. The multi-hued and vibrant colours of the reef as well as its inhabitants – some beautiful, others bizarre – have never failed to fascinate.

PULAU PAYAR MARINE PARK

The Pulau Payar Marine Park is located in the northern part of the Straits of Malacca, off Kuala Kedah. It is about 20 nautical miles south of Langkawi and approximately 40 nautical miles north of Penang. Consisting of four islands, it was declared a marine park in 1985. Pulau Payar, together with the smaller islands of Kaca, Lembu and Segantang form the park. It was the first marine park to be established off the west coast of Peninsular Malaysia and studies by WWF have documented 36 genera of hard coral, 92 other marine invertebrates and 45 genera of fish species.

■ Getting There

Day trips from Langkawi, Kuala Kedah and Penang can be arranged through your hotel or local tour operator.

■ Accommodation

There is no accommodation on the islands.

■ Attractions and Activities

- Underwater observation chamber
- Diving
- Snorkelling
- Swimming

■ Facilities



■ Further Information

Unit Taman Laut Negeri Kedah
Kementerian Sumber Asli dan
Alam Sekitar
Tingkat 9, Wisma Persekutuan
Jalan Kampung Baru
05000 Alor Star
Kedah
Tel : 04-733 9086
Fax : 04-735 5323
E-mail : webmaster@nre.gov.my
Website : www.nre.gov.my

For most tourists, a day trip to the park is the only option. It can be accessed by boat from jetties in Kuah on Langkawi Island (one hour), Kuala Kedah on the mainland (40 minutes) and from Penang Island (75 minutes).

The best times to visit the park are from October to March although it can be visited throughout the year.

At Pulau Payar there are four beaches sloping off with hard corals to depths of 10m to 15m. Rocky shores and bays with depths averaging 15m to 20m offer lots of soft corals and anemones. The southwestern end of the island is home to some beautiful coral gardens with lots of soft multi-hued corals. Sea ferns, sea squirts, feather starfish, anemones, rainbow runners and ghost fish are also very common.

Pulau Payar also has a visitors' centre, hiking trails, gazebos, barbecue pits and restroom facilities.



Those who do not dive or snorkel can still view the spectacular underwater domain from Malaysia's first and only underwater observation chamber. Your hotel or local tour operator will be able to arrange the day trip for you. Except for staff of the Fisheries Department, no one else lives on the islands of Pulau Payar. There is no accommodation for visitors on the islands.



PULAU REDANG MARINE PARK

Located just off the northeastern coast of Terengganu, Pulau Redang Marine Park extends two nautical miles seaward from the low watermark of nine islands comprising Redang, Perhentian Besar, Perhentian Kecil, Susu Dara, Lima, Ekor Tebu, Pinang, Lang Tengah and Kapas.

The reefs here are teeming with the largest assortment of coral species this side of the South China Sea, making the park a paradise for divers and snorkellers.

The gem in this setting is Pulau Redang, the largest among all the park's islands and one of the most blessed in terms of natural attractions, boasting of beaches like Pasir Panjang, which is covered with the finest white sand imaginable and washed by crystal clear azure waters. Pulau Redang has numerous dive sites, the more popular ones being Big Mount (a large coral pillar), Picture Wall (a small coral façade brimming with sea fans and corals) and Cathedral Arches (a magnificently varied canyon network patrolled by huge groupers).



On land, a well-trodden path linking Pasir Panjang with another splendid beach, Teluk Dalam, allows visitors to explore the island. Trekking on this 2km long path, one will come upon a small stream and pools alive with catfish, and perhaps catch sight of the elusive mouse deer (kancil), a creature that is popular in Malay folklore. One may also encounter monkeys and monitor lizards along the way before finally ending the trek at Teluk Dalam where the Berjaya Redang Beach Resort is located.



■ Getting There

To Pulau Redang:

There are direct flights from Kuala Lumpur to Pulau Redang operated by Berjaya Air. However, the most popular and cheaper way of getting there is by boat from the main jetty in Merang, some 45km northeast of Kuala Terengganu, the state capital.

From Merang, the trip to the island takes about 40 minutes on comfortable, large speedboats and prices are more or less standardised. Merang is also the gateway to Lang Tengah, which can be reached by a 30-minute boat ride.

To Perhentian Islands:

Kuala Besut, a small fishing town north of Kuala Terengganu, is the state's gateway to the Perhentian Islands. Boats ferry passengers from the Fisheries Complex here for the one and a half-hour ride to the Perhentian Island of one's choice.

■ Accommodation

Pulau Redang has accommodation ranging from budget chalets to international standard hotels. The Berjaya Redang Beach Resort in Teluk Dalam is located on the northern side of the island. It offers 152 rooms with modern conveniences and includes a pool, gym, dive shop and a tennis court. In Pasir Panjang, the Coral Redang Island Resort and Laguna Redang Resort offer 252 rooms between them.

Budget travellers can opt for the campsite at Teluk Kelong, which has pre-constructed tents with beds, toilet, shower and electricity, or the Redang Lagoon Chalet.

The Perhentian islands also offer a choice of accommodation ranging from backpackers' lodges to resort-style facilities. Perhentian Kecil Island is the more popular of the two and has cheap accommodation meant mainly for backpackers. On Perhentian Besar Island, accommodation ranges from simple dormitory-style rooms to beachside resorts.

There are four resorts on Lang Tengah Island.

■ Attractions and Activities

- Exhibition centre (Pulau Pinang)
- Sailing
- Canoeing and kayaking
- Diving
- Snorkelling
- Fish feeding



■ Attractions and Activities

(Redang Marine Park)

- Island hopping
- Diving
- Snorkelling
- Jungle trekking
- Swimming and sunbathing
- Beach games like volleyball
- Kayaking
- Fishing

■ Facilities



■ Further Information

Pulau Redang Marine Park Centre
Tel : 011-971 125

Ministry of Natural Resources
and Environment
Level 11, Lot 4G3
Presint 4, Federal Government
Administration Centre
62575 Putrajaya
Tel : 03-8886 1111
Fax : 03-8888 0489
Website : www.nre.gov.my

Jabatan Taman Laut Terengganu
No. 16, Blok B
Bistari Centre
Jalan Hiliran
20300 Kuala Terengganu
Terengganu
Tel : 09-631 2062
Fax : 09-622 7266
Website : www.dmpm.nre.gov.my

Note: Like the rest of the East Coast, the Redang Marine Park is affected by the northeast monsoon. Most resorts are closed and ferry transport schedules are limited between November and February.

Other paths in this locale lead to rocky cliffs and outcrops that offer spectacular overhead views of Pasir Panjang, but these excursions should be left to the more adventurous and energetic souls.

Pulau Redang's Pasir Chagar Hutang beach is home to one of the largest green turtle rookeries in Peninsular Malaysia. SEATRU (Sea Turtle Research Unit) conducts conservation research on nesting populations of green and Hawksbill turtles along its 300m stretch of sand, which is off-limits to visitors to prevent nesting sites from being disturbed. However, visitors can snorkel in the waters in front of the beach, and the lucky ones may catch a glimpse of these shy marine reptiles.

The wrecks of two British warships, H.M.S Prince of Wales and H.M.S Repulse, which were sunk just off Pulau Redang at the start of World War II, are an added attraction for divers.

Capped by tropical rainforest and blessed with golden sandy beaches as well as clear blue waters, the Perhentian Islands are great for water-based activities like swimming, wind surfing, sailing, boating, canoeing and, of course, diving. The best and most popular beach in Perhentian Kecil Island is Pasir Panjang, which dazzles with its white sand and clear, shallow water. On Perhentian Besar Island, the best beach is Teluk Pauh, a beautiful half-moon bay that, like Kecil's

Pasir Panjang, has white powdery sand and shimmering, crystal-clear water.

Between them, the Perhentian islands have about 20 dive sites featuring gardens of giant soft corals, some as tall as a metre. In addition to coral and fish, these islands are also home to sea turtles and many species of shark, which are not dangerous unless provoked.



The other islands in the Redang Marine Park are all excellent destinations for lazing around on pristine beaches, snorkelling, swimming and scuba diving.

Terrestrial nature lovers will not be disappointed either, as they will find an interesting variety of fauna and flora in the rainforest vegetation on most of these islands. There are over 100 species of plants, some with medicinal properties and a few rare orchid species.

TIOMAN MARINE PARK

Tioman is the largest and most developed of the chain of volcanic islands comprising the Tioman Marine Park. Although the islands were volcanically formed, volcanic activity here ceased thousands of years ago. In total, there are 64 islands within the chain. Nine of these are reasonably large but Tioman is by far the biggest.

Famed as the site of the Hollywood movie – South Pacific, Tioman is an excellent land destination, which also features a top class marine environment.

This mountainous island is covered with dense rainforest and is home to a wide variety of wildlife. Some 45 species of mammals have so far been discovered and these include the long-tailed macaque, slow loris, red giant flying squirrel, palm civet and mouse deer.



Anemone

There are also 138 species of birds and 25 species of snakes. In addition to this, the island has several unique species of mammals, freshwater fish and plants, which include catfish, rodents, crabs, stick insects and butterflies.

However, it is primarily the sea that attracts visitors to this group of islands. Divers come to enjoy the warm clear seas and the many reefs around Tioman and the neighbouring islands, which offer a profusion of marine life.



TIOMAN MARINE PARK

LEGEND

- Marine Park Trail
- 🚩 Dive Site
- ⊕ Place of Interest
- ⚓ Jetty
- ✈ Airport

GLOSSARY

- Bukit - Hill
- Pulau - Island
- Tanjung - Cape
- Teluk - Bay



■ Getting There

Flights are available from both Kuala Lumpur and Singapore. There are three main routes if you are travelling by sea. Ferry boats are available from the Singapore World Trade Centre daily. In Malaysia, boats travel from the Mersing Jetty in Johor and the Tanjung Gemok Jetty in Pahang. Accommodation can also be arranged when booking your ferry tickets.

■ Accommodation

Tioman offers five-star to chalet accommodation. It is best to book early during the peak periods of July and August. Bookings can be made through travel agents or at the jetty where one boards the boat for the one hour or so journey to the island. Surrounding islands can be reached by boats from Tioman.

■ Attractions and Activities

- Diving
- Canoeing and kayaking
- Snorkelling
- Jungle trekking
- Swimming
- Beach sports

■ Facilities



■ Further Information

Ministry of Natural Resources
and Environment
Level 11, Lot 4G3
Presint 4, Federal Government
Administration Centre
62575 Putrajaya
Tel : 03-8886 1111
Fax : 03-8888 0489
Website : www.nre.gov.my

Pahang Marine Park Unit
Tanjung Gemok Jetty
Kuala Rompin
Pahang
Tel : 09-4131 273
Fax : 09-4131 273



It is believed that the island separated from the mainland about 10,000 years ago as sea levels rose at the end of the last Ice Age. The existing reefs have been radio-carbon dated to about 6,000 years before present and have many varieties of coral and reef fish as well as larger species such as turtles, sharks, manta rays and giant clams.

Tioman dive sites offer something for everyone. Some are no more than a minute from the shore while others in the outer islands take at most 30 minutes, travel time.

Dive sites also include a dozen or so wrecks, mainly wooden hulled fishing vessels. The shallow, calm water sites such as Pirate Reef and Renggis Island are ideal for dive training and new divers. Sites further afield, like Chebeh and Tiger Reef, offer deeper waters, more challenging currents and the chance to see larger species of marine life.

The underwater topography features coral reefs and huge granite boulders, many covered with soft tree corals and sea fans. Blue Spotted Lagoon Rays

(*toeniura lymma*), Blue-ringed Angel Fish (*pomacanthus annularis*) and the Six Banded Angel Fish (*pomacanthus sextriatus*) are common here although rare elsewhere. Most diving centres are closed from November to February due to the monsoon weather but the major resorts are open.

However, if diving is not your forte, snorkelling also offers you excellent opportunities to explore inner reefs no more than a minute from the shore. Or, you can just relax on the beautiful, white sandy beaches or frolic in the warm, clear seas.



Sunflower coral





JOHOR MARINE PARK

There are two distinct entities to the Johor Marine Park, the inner islands and the outer islands. The inner islands of Rawa, Hujung, Tengah, Besar, Tinggi, Mentigi and Sibul are easily accessible and popular among non-divers. They are excellent for snorkelling and the accommodation comes in the form of rustic chalets.

The offshore islands are about 60km from Mersing and include Pulau Aur and three smaller islands—Dayang, Lang and Pinang. The island of Pemanggil, 15km to the northwest, has good beach accommodation and offers activities such as angling and diving. Accommodation and dive centres are also available on Pulau Aur and Pulau Dayang.



■ Getting There

Boats to all the islands sail from the quaint town of Mersing in northeastern Johor. Agents for resorts and dive companies operate near the jetty, where accommodation can also be booked. Regular ferry boats ply the routes and tickets must be bought at the jetty.

■ Accommodation

The islands of Aur, Dayang and Pemanggil have reasonable chalet-style accommodation. Electricity, however, is from generators and usually only available at night. Some chalets have air-conditioning while others just fans.

■ Attractions and Activities

Inner islands

- Swimming
- Snorkelling
- Sea sports
- Beach sports

Outer islands

- Diving
- Fishing
- Snorkelling

■ Facilities



■ Further Information

Pejabat Pengarah Laut
Jabatan Laut Wilayah Selatan
Tanjung Pelepas
80560 Gelang Patah
Johor
Tel : 07-507 2313
Fax : 07-507 3679



These rocky islands are well-forested with isolated coconut plantations. They are also the local centre for Black Marlin fishing.

Pulau Aur has numerous undersea pinnacles rising from 30m to about 10m below the surface. The waters are extremely clear and the pinnacles are home to hard corals, which includes table corals (*Acropora* spp) and impressive boulder coral (*Porites* spp). Whale sharks and Manta rays are sighted regularly. The beaches are wonderful and the crystal clear seas spectacular.



LABUAN MARINE PARK

The Federal Territory of Labuan is located 115km south of Kota Kinabalu and only 8km off the Sabah mainland at the northern tip of Brunei Bay. An International Offshore Financial Centre, Labuan is also a busy duty free port. Comprising the main island of Labuan and six smaller islands, this marine park covers the three most southerly islands of Kuraman, Rusukan Besar and Rusukan Kecil. These pristine islands are only two to three kilometres from the southern tip of Labuan Island.

The park encompasses 10km² of pristine waters within its three secluded islets. It features long sandy beaches, reef atolls, jungle trails and quiet tidal pools. A prolific bird life add to its attractions.

The area is primarily known as a wreck diving centre with four wrecks, two from World War II and two from the 1980s. The type of diving on these wrecks range from novice to advanced, with penetrations into the hulls.

A great variety of marine life and corals can be found on and around these wrecks with the older ones boasting soft corals. Barracuda, grouper, lion fish and other reef fish are plentiful and marine turtles, giant clams as well as whale sharks are quite common.

The wrecks lay both within and outside the present park boundaries but they are easily accessible through the dive centres in Labuan.

The four wrecks dive sites are known as the American, Australian, Blue Water and Cement wrecks.

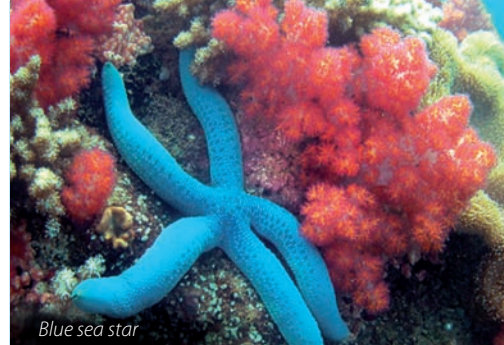
The American Wreck is the USS Salute, which was built in 1943 and sunk by a mine in 1945. It sits on a sandy bottom at 33m below sea level and is located southwest of Pulau Rusukan Kecil. The Australian Wreck is 23km from Labuan and southwest of Pulau Rusukan Besar. A freighter built in 1900 at Rotterdam, it was



captured by the Japanese in 1942 and sunk by the Royal Australian Air Force in 1945.

The Cement Wreck, MV Tung Hwang, was a freighter carrying cement, which sank in 1980 after hitting a sand bank. It sits upright in 30m of water with its mast only 8m below the surface. The MV Mabini Padre or the Blue Water Wreck, sits 34km away from Labuan, northwest of Pulau Kuruman. It sank in November 1981. The Blue Water Wreck normally has the best visibility.

The Cement Wreck is the easier dive, whereas the American and Blue Water wrecks are for experienced divers only.



Blue sea star

■ Getting There

Labuan is accessible by air from Kuala Lumpur and Kota Kinabalu. Ferries are available from Kota Kinabalu, Limbang and Lawas (Sarawak) as well as Bandar Seri Begawan (Brunei). The ferry from Menumbok in Sabah is the shortest crossing journey and can accommodate cars and trucks.

■ Accommodation

Accommodation is limited on the islands and permission should be obtained before camping. Visitors must bring their own food, water as well as cooking and camping equipment. Pulau Kuraman has a campsite. A variety of accommodation is also available in Labuan.

■ Attractions and Activities

- Labuan Island:
Marine centre, beaches, diving, swimming, golfing, yachting, fishing and island tour
- Marine Park:
Diving, picnicking, snorkelling, camping and jungle trekking

■ Facilities

■ Further Information

Ministry of Natural Resources and Environment
Level 11, Lot 4G3
Presint 4, Federal Government Administration Centre
62575 Putrajaya
Tel : 03-8886 1111
Fax : 03-8888 0489
Website : www.nre.gov.my

Labuan Development Authority
Tourism Division
Tel : 087-417 862
Fax : 087-417 861

Labuan Tourism Action Council
Labuan International Seaport Complex
P. O. Box 80753
87017 Labuan
Tel : 087-422 622
Fax : 087-419 622
E-mail :
enquiry@labuantourism.gov.my
sitimaznah@labuantourism.gov.my
Website :
www.labuantourism.gov.my

Note: All divers must bring along their diving certificates.





Necklace sea star



Yellow ribbon sweetlips

PULAU TIGA PARK

Just north of Kuala Penyu on Sabah's southwest coast, opposite the swampy Klias Peninsula, noted for its proboscis monkeys, lays the Pulau Tiga Park. The park was gazetted in 1978 and comprises three small islands. It covers 158km², most of which is sea. Pulau Tiga is the largest island at 607ha in size followed by Pulau Kalampunian Besar and Pulau Kalampunian Damit.

Pulau Tiga is a low oblong island, which was formed over eons from the eruptions of mud volcanoes. Evidence of this minor volcanic activity is visible on the island where hot mud still bubbles to the surface. The headquarters of the park is sited on Pulau Tiga and various nature trails will lead you around the island.

Pulau Kalampunian Besar, formed from sand, clay and coral fragments, changes shape constantly according to weather and monsoon patterns. Vegetation is scarce on this low-lying island. Pulau Kalampunian Damit is of a different proposition. Comprising mixed sandstone, limestone and shale, this island stands out from the sea and is known as a breeding ground for sea snakes.

The islands are also well known for diving. A 7km coral reef around the islands is home to some 35 species of soft coral and at least 100 species of hard coral. Couple this with the vast array of multicoloured marine life and you have a top class dive site. Dive facilities exist on the main island and are operated by companies based in Kota Kinabalu.

Pulau Tiga itself is one of Sabah's few undisturbed offshore islands. Having been declared a forest reserve in 1933, the park has particularly interesting flora and fauna.

Plant life is quite luxuriant and two medium hardwood species, *ranggu* and *keruing*, dominate the forest. Fruit trees such as mangosteen, *rambutan*, guava, fig and *langsat* are abundant while along the shoreline, *pulat laut* and *ketapang* (umbrella tree) are the





dominant species. Casuarina trees have colonised much of the mud flow areas since the last big eruption in 1941 and the seashore morning glory abounds within the groves of pine-like Casuarina trees.

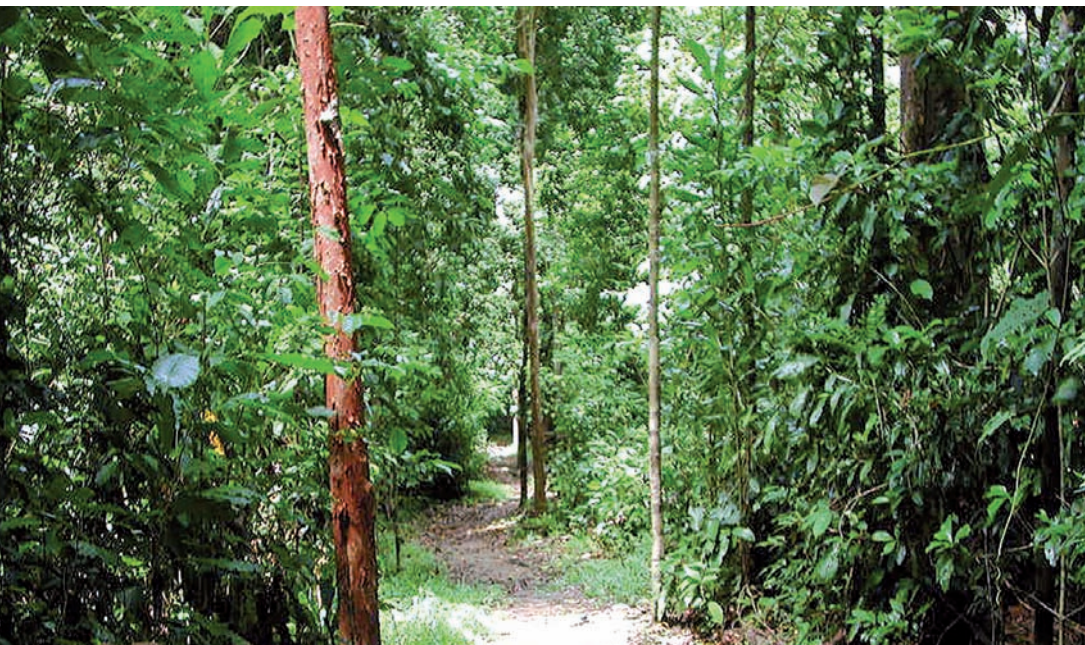
The islands host a great variety of bird life. Large Megapodes (*Megapodius freycinet*) about the size of domestic fowl are commonly encountered. The name Megapode was derived from their big feet (mega : big, podes : feet).

These birds have an unusual method of hatching their young. While most birds use body heat to incubate their eggs, Megapodes use environmental heat. They hatch their eggs in "incubators". Eggs are deposited in an excavated cavity in the ground and are left to be incubated by natural heat, either from the sun, fermentation of vegetation or even heat from the mud volcanoes.

The Megapodes of Pulau Tiga use the heat of decomposition to hatch their eggs by burying their eggs with leaves and other vegetable debris. When the rains come, the leaves start to rot and the bird covers them with sand to keep in the heat of decomposition.

Other birds include hornbills, frigate birds, Night Jars, magpies, bulbuls and sunbirds. Pigeons, sea eagles, waders and other migratory birds are regular visitors. Bats including the flying fox, long-tailed macaques and monitor lizards, which feed on Megapode eggs, are also common.

Snakes, especially sea snakes (*laticauda colubrina*) are common. These amphibian sea snakes come ashore to breed, earning Pulau Kalamunian Besar the nickname of snake island.



■ Getting There

You can take a bus from Kota Kinabalu, near the Segama overhead bridge, to the Kuala Penyu Jetty. The one-way ticket for this 120km journey costs RM18. Another option is to charter a taxi from the Merdeka Field to the jetty for RM180. Upon arrival, just take a 45-minute boat ride to the islands.

■ Accommodation

A new resort has recently opened on Pulau Tiga to cater for tourist and divers. Previously there were only a few chalets and a hostel operated by Sabah Parks, which could cater for 20 people.

The new Pulau Tiga Resort offers a variety of accommodation, a restaurant and a bar. It also offers diving activities and PADI dive courses.

■ Attractions and Activities

- Unspoilt islands
- Mud volcanoes
- The Megapodes
- Nature trails
- Sea snakes
- Diving
- Swimming

■ Facilities

■ Further Information

Borneo Survivor Resort
P.O. Box 21101
88768 Luyang
Kota Kinabalu
Sabah
Tel : 088-230 806
Fax : 088-237 806
E-mail : neubay@tm.net.my
Website : www.borneosurvivor.com.my



TUNKU ABDUL RAHMAN PARK

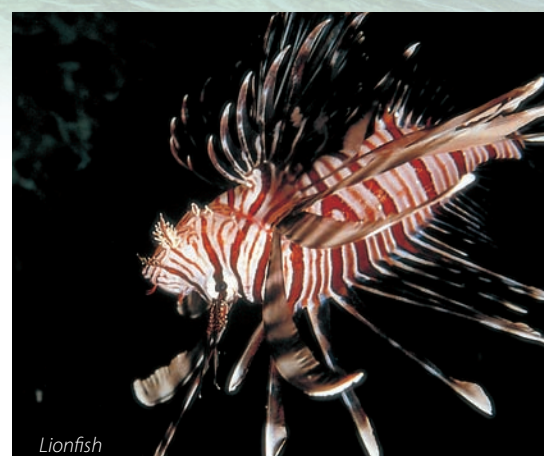
Comprising five islands just three to five kilometres offshore from Kota Kinabalu, the Tunku Abdul Rahman Park was declared a national park in 1974. It covers an area of 50km² and includes islands as well as their surrounding reefs. Geologically, the islands are part of the Crocker Range but became isolated when sea levels rose at the end of the last Ice Age.

Pulau Gaya is the largest of the islands at 15km². The others are Manukan, Mamutik, Sapi and Sulug. Pulau Gaya's highest point is 300m above sea level and the land gently slopes down through primary forest to beaches, bays and sandy coves.



With 20km of marked trails, including a plank walk across a mangrove forest, fringing reefs and excellent beaches, it is an easy getaway from the mainland. A new exclusive island resort pampers holidaymakers who wish to spend a few days away from the city.

Manukan, the second largest island, is the most developed. The park headquarters is located here and the accommodation as well as services are excellent. Nature



Lionfish

trails, diving and snorkelling are the main activities available. Manukan also has many beach barbecue sets for you to cook your own food.

Mamutik, Sulug and Sapi are smaller islands. Pulau Sapi has 5km of nature trails and Pulau Sulug, the most remote island, has a long sand spit that drops sharply near an extensive coral reef, which is home to giant clams.



TUNKU ABDUL RAHMAN PARK

- LEGEND**
- Marine Park Trail
 - 🚩 Dive Site
 - 📍 Jetty
- GLOSSARY**
- Pulau - Island



All of the islands have extensive coral reefs on the leeward sides, with Pulau Manukan in particular having a fine drop-off about 100m from shore. The windward sides are generally boulder-strewn but still offer diving with the chance to see crayfish and octopus.

Plant life is a mixture of shoreline and coastal vegetation and dipterocarp forest. Only Pulau Gaya has an undisturbed coastal dipterocarp and mangrove forest. Strangling figs, which provide food for birds and monkeys, and other fruit trees are fairly common. Vegetation on the other islands is primarily secondary forest with typical shoreline vegetation. Casuarinas and Pandanus trees tend to cling to the beach or jungle foreshore



Scorpion fish



Jaw tooth blenny

while on the windward side of the islands, primitive cycads cling to rocky coastlines while stunted and twisted sea teak trees line the outcrops. Palms also flourish in shady areas while the dipterocarp forests comprise mainly *seraya*, *kapur* and *selangan batu* trees. The undisturbed forest here is home to *Hopea phillippineans* and *Quassia borneensis* hardwoods.

While birds are the most visible fauna on the islands and include hornbills, white-bellied sea eagles, herons, sandpipers, flycatchers, sunbirds, pigeons and terns, large mammals also exist. Long-tailed macaques, bearded pig, scaly anteater and monitor lizards are fairly common.

■ Getting There

Boats to the islands are available at the Jesselton Point (near the Royal Malaysian customs office) and the Marina Jetty (within Sutera Harbour Resort). They run from 7.30am to 5pm daily.

■ Accommodation

Pulau Manukan, where you will find the park's headquarters, has various types of chalets. A restaurant caters for all requirements and recreation facilities include nature trails and an information centre with audio-visual and multimedia equipment.

Pulau Mamutik has a nice resthouse, which can be hired for groups on a self-catering basis. Pulau Sulug and Pulau Sapi have changing rooms, toilets and picnic shelters with tables for public use.

Sutera Sanctuary Lodges
G 15, Ground Floor
Wisma Sabah
88000 Kota Kinabalu
Sabah
Tel : 088-243 629/245 742
E-mail:
info@suterasanctuarylodges.com
Website:
www.suterasanctuarylodges.com

■ Attractions and Activities

- Pristine beaches
- Nature trails
- Diving
- Snorkelling
- Swimming
- Fishing

■ Facilities



■ Further Information

Sabah Parks
Lot 1-3, Block K, Ground Floor
Sinsuran Complex
Kota Kinabalu
Sabah
Tel : 088-212 719/211 881
Fax : 088-221 001
E-mail : info@sabahparks.org.my
Website : www.sabahparks.org.my



TURTLE ISLANDS PARK

About 40km northeast of Sandakan on Sabah's east coast lay three small islands; Selingan, Gulisan and Bakungan Kechil. These form the Turtle Islands Park. Covering a total area of 1,740ha including the surrounding reefs, the park is a breeding ground for the Hawksbill and Green turtle (*Chelonia mydas*).

Throughout the year, these turtles come ashore to lay their eggs. Hatcheries exist on all three islands, which are famed for their crystal clear waters and wonderful coral reefs – excellent for diving or just snorkelling.

■ Getting There

From Sandakan Harbour, it takes about one hour by speedboat to reach the park. Make sure that you catch the 9.30am speedboat service as there is only one trip to the island daily. Alternatively, you can charter a speedboat. Local tour companies operate visits.

■ Accommodation

Although all three islands are staffed by wardens, only Pulau Selingan, the most developed, has accommodation and a visitor interpretative centre. A small restaurant serves simple meals. The number of visitors to the island is limited to only 38 per day.

■ Attractions and Activities

- Turtle nests
- Hatcheries
- Clear seas
- Coral reefs
- Diving
- Snorkelling
- Swimming
- Fishing

■ Facilities



■ Further Information

Crystal Quest Sdn. Bhd.
Sabah Park Jetty
Jalan Buli Sim-sim
P.O. Box 848
90719 Sandakan
Sabah
Tel : 089-212 711/221 657
Fax : 089-212 712
E-mail : cquest@tm.net.my
(permission to visit can be obtained from Sabah Parks via Crystal Quest Sdn. Bhd.)

Note: Night-time activity is strictly controlled in order not to disturb or frighten off turtles. Rangers will advise you when turtles come ashore and guide you to the site. Night-time walks along the beach are not allowed without a ranger.

Gazetted as a marine park in 1977 to protect the breeding habitat of these sea turtles, the park also provides accommodation for visitors. In order to fully protect these delicate breeding grounds, park staff are resident on all three islands.

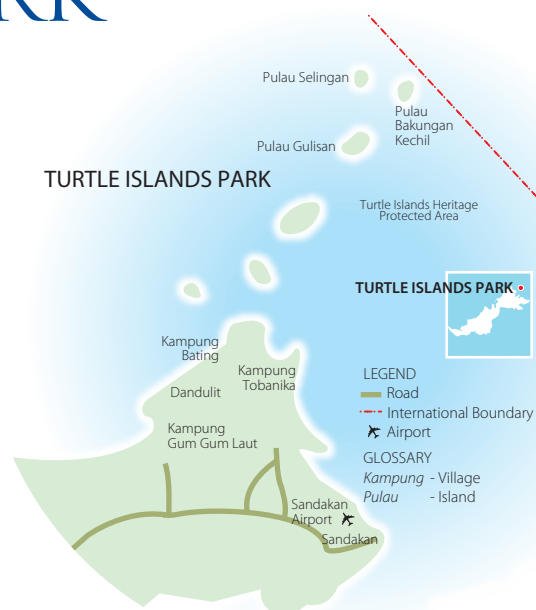


Green turtle

Vegetation on the islands is typical small oceanic island and includes mangroves, scrub vegetation, the yellow flowered saphora and the furry, silver leaved tournefortia. The island's flying foxes visit when the fruit trees are in season. However, the turtles are the main attraction.

Green and Hawksbill turtles come ashore throughout the year to lay their eggs. The Hawksbill seems to prefer to lay its eggs on Pulau Gulisan where the beach vegetation is particularly favourable. The peak nesting season for the Green turtles is from July to October while more Hawksbill turtles come ashore between February and April.

TURTLE ISLANDS PARK



The turtles come at night and haul themselves up to an area above the high watermark where they use their rear flippers to excavate an egg chamber. Laying between 40 to 200 eggs (although the average is 50 to 80), they then cover the eggs with sand to conceal the site.

All new turtles that come ashore are tagged by park rangers and measured to gain a clearer picture of growth, distribution and population. Freshly laid eggs are dug up and relocated to secure sites. Hand placed in pits 75cm deep, the eggs are then surrounded by plastic mesh and given an information plate detailing a serial number, date of collection and the number of eggs.

The environment determines the sex of the offspring. As cooler nests produce males, warmer ones, females, some are shaded to provide the correct sex ratio. After about 50 to 60 days, the egg will hatch, usually at night, and the offspring are later released into the sea. Only a small number will survive to adulthood.



TALANG-SATANG NATIONAL PARK

Talang-Satang National Park comprises four islands – Pulau Talang-Talang Besar, Pulau Talang-Talang Kecil, Pulau Satang Besar and Pulau Satang Kecil. The park is located off the coast of western Sarawak but still within the Kuching Division. Also known as the Sarawak Turtle Islands, it is spread over 19,414ha and was declared a national park in 1999. It was created primarily to serve as a marine conservation area for the Green turtle, which normally comes ashore to lay eggs between May and October.

Currently, Pulau Talang-Talang Besar, Pulau Talang-Talang Kecil and Pulau Satang Besar are restricted areas and no vessel, other than government vessels, are allowed to enter within half a nautical mile of their low watermark except with a permit granted by, or on behalf of the Sarawak Turtle Board.

The park constitutes two sections, the Core Areas and the Complementary Areas. The Core Areas are further categorised into public appreciation zones, where visitors are allowed to enter with a permit but will be constantly supervised by park staff, and Conservation and Research zones, which are strictly off-limits to visitors.



Certain fishing, boating, and diving activities are permitted in the Complementary Areas.

A breeding colony of Bridled Terns and Black Naped Terns occur on Pulau Tukong Ara, a rocky outcrop located close to Satang Island. It has been a wildlife sanctuary since 1985 and was later incorporated into the Talang-Satang National Park.



■ Getting There

Day trips can be made to the Satang Besar Island with the permission of the Talang-Satang National Park office. It is just a 30-minute boat ride from Damai Beach.

■ Accommodation

Only available on the mainland.

■ Attractions and Activities

- Diving
- Snorkelling
- Fishing

■ Facilities



■ Further Information

National Park and Wildlife Office
Sarawak Forestry Department
Tel : 082-319 120
Fax : 082-441 702
E-mail :
webmaster@forestry.sarawak.gov.my
Website : www.forestry.sarawak.gov.my



COMMON AND SCIENTIFIC NAMES OF FLORA AND FAUNA

TREES

COMMON NAME	LOCAL NAME	SCIENTIFIC NAME	COMMON NAME	LOCAL NAME	SCIENTIFIC NAME
Api-api	Api-api	<i>Avicenna spp</i>	Rafflesia	Bunga Pakma	<i>Rafflesia arnoldii</i> —the largest single flower in the world
Mangrove Tree	Bakau	<i>Rhizophorae spp</i>			<i>Rafflesia keithii</i>
Fig Tree	Beringin	<i>Ficus benjamina</i>			<i>Rafflesia pricei</i>
Cengal	Cengal	<i>Balanocarpus heimii</i>			<i>Rafflesia tengku-adlini</i>
Kauri/Conifer	Damar Minyak	<i>Agathis borneensis</i>			
Terap	Ipoh	<i>Antiaris toxicaria</i>			
Kapur	Kapur	<i>Dryobalanops aromatica</i>			
Keruing	Keruing	<i>Dipterocarpus spp</i>			
Kulim	Kulim	<i>Scorodocarpus borneensis</i>			
Red/White Meranti	Meranti	<i>Shorea spp</i>			
Merbau/Merbatu	Merbau	<i>Intsia palembanica</i>			
Seraya	Seraya	<i>Shorea spp</i>			
Tualang	Tualang	<i>Koompassia excelsa</i>			

FRUITS

Wild Mangosteen	Beruas	<i>Garcinia hombroniana</i>
Custard Apple	Buah Nona	<i>Anona reticulata</i>
Sugar Palm	Aren	<i>Arenga saccharifera</i>
Sesame	Bijan	<i>Sesamum indicum</i>
Breadfruit	Cempedak	<i>Artocarpus polyphema</i>
Durian	Durian	<i>Durio spp</i>
Soursop	Durian Belanda	<i>Annona muricata</i>
Guava	Jambu	<i>Eugenia spp</i>
Rambutan	Rambutan	<i>Nephelium lappaceum</i>
Mango	Mangga/Mempelam	<i>Mangifera odorata</i>
Fenugreek	Kelabat	<i>Trigonella foenum graecum</i>
		<i>Langenaria leucantha</i>
Bottle Gourd	Labu	<i>Lansium domesticum</i>
Langsat	Langsat	<i>Artocarpus integra</i>
Jackfruit	Nangka	

FLOWERS

Rothschilds Slipper Orchid	Anggerik	<i>Paphiopedilum rothschildianum</i>			
		<i>Paphiopedilum stoneii</i>			
		<i>Paphiopedilum hookerae</i>			
		<i>Paphiopedilum linii</i>			
		<i>Paphiopedilum lowii</i>			
Rhododendron		<i>Rhododendron stenophyllum</i>			
		<i>Rhododendron jasminiflorum</i>			
		<i>Rhododendron malayanum</i>			
		<i>Rhododendron baxifolium</i> (in Borneo only)			
		<i>Rhododendron lamryalianum</i> (in Borneo only)			
Hibiscus	Bunga Raya	<i>Rosa sinensis</i>			

PLANTS

Water Spinach/Convulvulus	Kangkung	<i>Ipomea reptans</i>
Pitcher Plant	Periuk Kera	<i>Nepenthes rajah</i>
		<i>Nepenthes lowii</i>
		<i>Nepenthes villosa</i>
		<i>Nepenthes mirabilis</i>
		<i>Nepenthes rafflesiana</i> (six species)

MAMMALS

COMMON NAME	LOCAL NAME	SCIENTIFIC NAME	COMMON NAME	LOCAL NAME	SCIENTIFIC NAME
Pig-tailed Macaque	Beruk	<i>Macaca nemestrina</i>	Binturong	Musang Benturong	<i>Arctictis binturong</i>
Long-tailed Macaque	Kera	<i>Macaca fascicularis</i>	Marbled Cat	Kucing Dahau	<i>Felis marmorata</i>
Tarsier	Kera Hantu	<i>Tarsius bancanus borneanus</i>	Leopard Cat	Kucing Batu	<i>Felis bengalensis</i>
Slow Loris	Kongkang/Kera Duku	<i>Nycticebus coucang</i>	Flat-headed Cat	Kucing Kepala Dampak	<i>Felis planiceps</i>
Silver Leaf Monkey	Lotong Ceneka	<i>Presbytis cristatus</i>	Clouded Leopard	Rimau Dahau	<i>Neofelis nebulosa</i>
Siamang Gibbon	Siamang	<i>Hylobates syndactylus</i>	Leopard	Harimau Bintang	<i>Panthera pardus</i>
Orang-utan	Orang-utan mias	<i>Pongo pygmaeus</i>	Tiger	Harimau Belang	<i>Panthera tigris</i>
Proboscis Monkey	Monyet Belanda	<i>Nasalis larvatus</i>	Wild Dog	Serigala/Anjing Hutan	<i>Cuon alpinus</i>
Large Indian Mongoose	Bambun Besar	<i>Herpestes edwardsii</i>	Red Giant Flying Squirrel	Tupai Terbang Merah	<i>Petaurista petaurista</i>
Elephant	Gajah Asia	<i>Elephas maximus</i>	Red-tailed Flying Squirrel	Tupai Terbang Ekor Merah	<i>Lomys horsfieldii</i>
Borneo Pygmy Elephant	Gajah Borneo	<i>Elephas maximus borneensis</i>	White-bellied Flying Squirrel	Tupai Terbang Dada Putih	<i>Petinomys setosus</i>
Tapir	Badak Murai/Tenuk	<i>Tapirus indicus</i>	Common Red-bellied Squirrel	Tupai Merah	<i>Callosciurus notatus</i>
Sumatran/Two-horned Rhinoceros	Badak Berendam	<i>Rhinoceros (Didermoscerus) sumatrensis</i>	Common Porcupine	Landak Raya	<i>Hystrix brachyurus</i>
Bearded Pig	Babi Janggut	<i>Sus barbatus</i>	Marmoset Rat	Tikus Monyet	<i>Hapalomys longicaudatus</i>
Common Wild Pig	Babi hutan	<i>Sus scrofa</i>	Greater Bandicoot	Wirok Hitam	<i>Bandicota indica</i>
Greater Mouse Deer	Napoh	<i>Tragulus napu</i>	Scaly Anteater	Tenggiling	<i>Manis javanica</i>
Lesser Mouse Deer	Kancil/Pelandok	<i>Tragulus javanicus</i>	Common Flying Fox	Keluang Besar	<i>Pteropus vampyrus</i>
Barking Deer	Kijang	<i>Muntiacus muntjak</i>	Common Short-nosed Fruit Bat	Cecadu Hidung Pendek	<i>Cynopterus brachyotis</i>
Sambar Deer/Rusa	Rusa Banteng	<i>Cervus unicolor</i>	Cave Fruit Bat	Cecadu Gua	<i>Eonycteris spelaea</i>
Banteng (Wild Cattle)	Banteng/Sapi hutan	<i>Bos javanicus</i>	Horse-shoe Bat	Kelawar Ladam	<i>Rhinolophus spp</i>
Gaur (Wild Cattle)	Seladang	<i>Bos gaurus</i>	Flying Lemur	Kubong	<i>Cynocephalus variegatus</i>
Serow (Wild Goat)	Kambing Gurun	<i>Capricornis sumatrensis</i>			
Malaysian Honey Bear	Beruag	<i>Helarctus malayanus</i>			
Large Civet	Musang Jebat	<i>Viverra zibetha</i>			
Common Musang	Musang Pulut	<i>Paradoxurus hermaphroditus</i>			

BIRDS

COMMON NAME	LOCAL NAME	SCIENTIFIC NAME	COMMON NAME	LOCAL NAME	SCIENTIFIC NAME
White-bellied Sea Eagle	Lang Laut	<i>Haliaeetus leucogaster</i>	Common Kingfisher	Burung Raja Udang	<i>Alcedo atthis</i>
Wilson's Storm Petrel	-	<i>Oceanites oceanicus</i>	Rhinoceros Hornbill	Burung Enggang	<i>Buceros rhinoceros</i>
Brown Booby	Burung Olak-Olak	<i>Sula leucogaster</i>	Helmeted Hornbill	Burung Tebang	<i>Rhionoplax vigil</i>
Cattle Egret	Burung Bangau	<i>Bubulcus ibis</i>	Mentua		
Great Bittern	Burung Pucong Besar	<i>Botaurus stellans</i>	Crimson-winged Woodpecker	Burung Belatok	<i>Picus puniceus</i>
Milky Stork	Burung Upeh	<i>Mycteria cinerea</i>	Bronzed Drongo	Burung Paha Kelati	<i>Dicrurus aeneus</i>
Crested Fireback Pheasant	Ayam Pegar	<i>Lophura ignita</i>	Malaysian Rail Babbler	Burung Gembala Sepakat	<i>Eupetes macrocerus</i>
Great Argus Pheasant	Burung Kuang Raya	<i>Argusianus argus</i>	Yellow-vented Bulbul	Burung Merbah Kuning	<i>Pycnonotus goiavier</i>
Masked Finfoot	Burung Penderang	<i>Heliopais personata</i>		Burung Merbah	<i>Pycnonotus urostictus</i>
Black-headed Gull	Burung Camar	<i>Larus ridibundus</i>	Wattled Bulbul	Burung Laki Padi	<i>Cisticola juncidis</i>
Green Imperial Pigeon	Burung Pergam	<i>Ducula aenea</i>	Fantail Warbler	-	<i>Puffinus leucomelas</i>
Spotted-necked Dove	Burung Merbok Balam	<i>Streptopelia chinensis</i>	White-fronted Shearwater		
Red-breasted Parakeet	Bayan Dada Merah	<i>Psittacula alexandri</i>	Mallard	Itik liar	<i>Anas platyrhynchos</i>
Oriental Cuckoo	Burung Tekukur	<i>Cuculus saturatus</i>	Orange-footed Scrubfowl	-	<i>Megapodius reinwardt</i>
Common Scops Owl	Burung Hantu	<i>Otus scops</i>	Whitehead's Trogon	-	<i>Harpactes whiteheadi</i>
Large Frogmouth	Burung Segan	<i>Batrachostomus auritus</i>	Kinabalu Jungle Flycatcher	Burung Sambar	<i>Rhinomyias gularis</i>
Edible-nest Swiftlet	Burung Layang-layang Gua	<i>Collocalia fuciphaga</i>	Whitehead's Spider Hunter	Burung Kelicap	<i>Arachnothera juliae</i>

SNAKES, REPTILES AND AMPHIBIANS

COMMON NAME	LOCAL NAME	SCIENTIFIC NAME	COMMON NAME	LOCAL NAME	SCIENTIFIC NAME
Snakes			Reptiles		
Reticulated Python	Ular Sawa	<i>Python reticulatus</i>	Estuarine Crocodile	Buaya Katak	<i>Crocodilus porosus</i>
Short Python	Ular Sawa Tikus/ Batu	<i>Python curtus</i>	Malayan Gharial	Buaya Jenjolong	<i>Tomistoma schlegelii</i>
Red-tailed Racer	Ular Pokok	<i>Elaphe oxycephala</i>	Malayan Box Turtle	Kura-kura	<i>Cuora ambionensis</i>
Paradise Tree Snake	-	<i>Chrysopelea paradisi</i>	Mangrove Terrapin	Tuntung Sungai	<i>Batagur baska</i>
Malayan Green Whip Snake	Ular Pokok	<i>Dryophis mycterizans</i>	Monitor Lizard	Biawak	<i>Varanus salvator</i>
Malayan Krait	Ular Pokok	<i>Bungarus candidus</i>	Common House Gecko	Cicak Rumah	<i>Hemidactylus frenatus</i>
Banded Krait	Ular Katam	<i>Bungarus fasciatus</i>	Common Flying Lizard	Cicak Terbang	<i>Draco volans</i>
Banded Malaysian Coral Snake	Ular Matahari	<i>Matocora intestinalis</i>			
Cobra	Ular Sendok	<i>Naja naja</i>	Amphibians		
King Cobra/Hamadryad	Ular Tedong	<i>Naja hannah</i>	Common Asiatic Toad	Katak Puru	<i>Bufo melanostictus</i>
Malayan Pit Viper	Ular Beludak	<i>Ancistrodon rhodostoma</i>	Bullfrog	Katak Kuak	<i>Kaloula pulchra</i>
			Malayan Tree Frog	Katak Cina	<i>Rhacophorus leucomystax</i>
			Wallace Flying Frog	Katak Terbang	<i>Rhacophorus nigropalmatus</i>
			Green Turtle	Penyu Hijau	<i>Chelonia mydas</i>
			Hawksbill Turtle	Penyu Sisek Karah	<i>Eretmochelys imbricata</i>
			Leatherback Turtle	Penyu Agar	<i>Dermochelys coriacea</i>

BUTTERFLIES AND BEETLES

COMMON NAME	LOCAL NAME	SCIENTIFIC NAME	COMMON NAME	LOCAL NAME	SCIENTIFIC NAME
Butterflies			Beetles		
Oleander Moth	-	<i>Daphnis nerii</i>	Rhinoceros Beetle	Kumbang Badak	<i>Oryctes rhinoceros</i>
Rajah Brooke's Birdwing	-	<i>Trogonoptera brookiana albescens</i>	Stag Beetle	Kumbang Kelapa	<i>Xylotrupes gideon</i>
Common Birdwing	-	<i>Troides helena cerberus</i>	Jewel Beetle	-	<i>Dorcus titanus</i>
Painted Jezebel	-	<i>Delias hyparete metarete</i>	Long-horned Beetle	Kumbang Tanduk Panjang	<i>Prosopocoilus zebra</i>
					<i>Megaloxantha daleni</i>
					<i>Chrysochroa wallacei</i>
					<i>Batocera tigris</i>

PARK RULES AND REGULATIONS

NATIONAL PARK



- Do not destroy or remove any plant or animal. It is an offence to do so. Take only pictures, leave only footprints.
- Do not litter. Dispose of rubbish properly or take it with you. Keep the environment as nature intended it to be. Minimise the amount of disposable material you take.
- Do not bring pets. They may introduce diseases or escape and become wild.
- Respect the silence of nature. Do not bring radios or music playing devices that may disturb others or the wild life.
- Be careful with inflammable materials. Make sure all fires are extinguished. Do not smoke if you can avoid it. Cigarettes can cause bush fires.
- Observe all local safety rules.

MARINE PARK



- Never snorkel or dive alone.
- Be familiar with your equipment before entering the sea and ensure that your skills are up to date. Consider a refresher course if it has been sometime since you have been underwater.
- Always seek an environmental orientation before diving. Your diving instructor can brief you.
- Do not alter underwater habitats. Divers and snorkellers should neither stand nor sit on corals. You are also prohibited from breaking off or taking any corals for souvenirs.
- Do not capture marine creatures or organisms. Take only pictures and leave only bubbles.
- Do not feed fish or other marine organisms.
- Do not harass marine creatures, especially turtles.
- Practise non-destructive boat anchoring, most marine parks have mooring buoys.
- Do not throw rubbish into the sea, especially plastic bags. It should be the goal of each diver or snorkeller to leave the environment cleaner each time they leave a site.
- Observe all local safety rules.

The rules and regulations may vary slightly from park to park. However, the main rules of etiquette are the same.

Note: Entrance fees, camera fees and other charges differ from park to park. However, all fees are reasonable.

SAMPLE TOUR PACKAGES

1 SARAWAK WILDLIFE AND LONGHOUSE EXPERIENCE

Day Trip

From RM99 per person

Package includes

- Tours to the Semenggoh Orang Utan Rehabilitation Centre, Jongs Crocodile Farm and Anah Rais Bidayuh Longhouse
- Transportation
- Meal
- Entrance fees
- Tour guide

2 LAKE KENYIR, TERENGGANU

3 days/2 nights

From RM210 per adult/RM150 per child

Package includes

- 2 nights' chalet accommodation at Uncle John's Floating Lodge
- Sightseeing trip
- Return boat transfer
- Meals
- Tour guide

3 ECO TREASURES OF SABAH

6 days/5 nights

From RM413 to RM1,879 per person

Package includes

- One-way, economy class air ticket from Sandakan to Kota Kinabalu (inclusive of airport tax and insurance)
- All transfers and tours on seat-in-coach basis
- Entrance fees for Kinabalu Park, Mount Garden, Gomantong Caves and Sepilok Orang Utan Rehabilitation Centre
- Tour guide

4 MOUNTAIN HIGH TO OCEAN DEEP, SABAH

4 days/3 nights

From RM550 per person

Package includes

- 3 nights' accommodation at a four-star hotel
- Tours to Kinabalu Park, Poring Hot Springs as well as Manukan and Sapi Islands
- Return airport transfer
- Transportation
- Meals
- Entrance fees
- Tour guide

5 EDUCATIONAL PROGRAMME LOWER KINABATANGAN SABAH

5 days/4 nights

From RM765 per person

Package includes

- 4 nights' homestay accommodation
- Return airport transfer
- Transportation
- Meals
- River cruises
- Cultural performances
- Entrance fees for Gomantong Caves and Orang Utan Research Site
- Tour guide and research officer

6 ENDAU ROMPIN ADVENTURE PACKAGE

3 days/2 nights

From RM389 to RM699 per person

Package includes

- Tent (twin sharing)
- Transportation
- Meals
- Entrance, campsite and visitor fees

7 TAMAN NEGARA SUNGAI RELAU PAHANG

3 days/2 nights

From RM269 per person

Package includes

- 2 nights' hostel accommodation
- River cruise and jungle trekking
- Return economy class train ticket
- Overland transfer
- Meals
- Entry permit fee
- Tour guide

8 TAMAN RIMBA KENONG PAHANG

2 days/1 night

From RM210 per person

Package includes

- Tent
- River cruise and jungle trekking
- Return economy class train ticket
- Overland transfer
- Meals
- Entry permit fee
- Tour guide

9 MOUNT KINABALU CHALLENGE

3 days/2 nights

From RM488 per person

Package includes

- 1 night's accommodation at park lodge
- 1 night's accommodation at Mountain Hut (dormitory)
- Return airport and park transfer
- Park entrance fee, climbing permit and insurance
- Meals
- Guide

10 MULU ADVENTURE

4 days/3 nights

From RM695 to RM800

(a minimum of 4 persons)

Package includes

- 3 nights' accommodation at the Royal Mulu Resort
- Tours to the Lang Cave, Deer Cave, Wind Cave and Clear Water Cave
- Return airport transfer
- Meals
- Tour guide

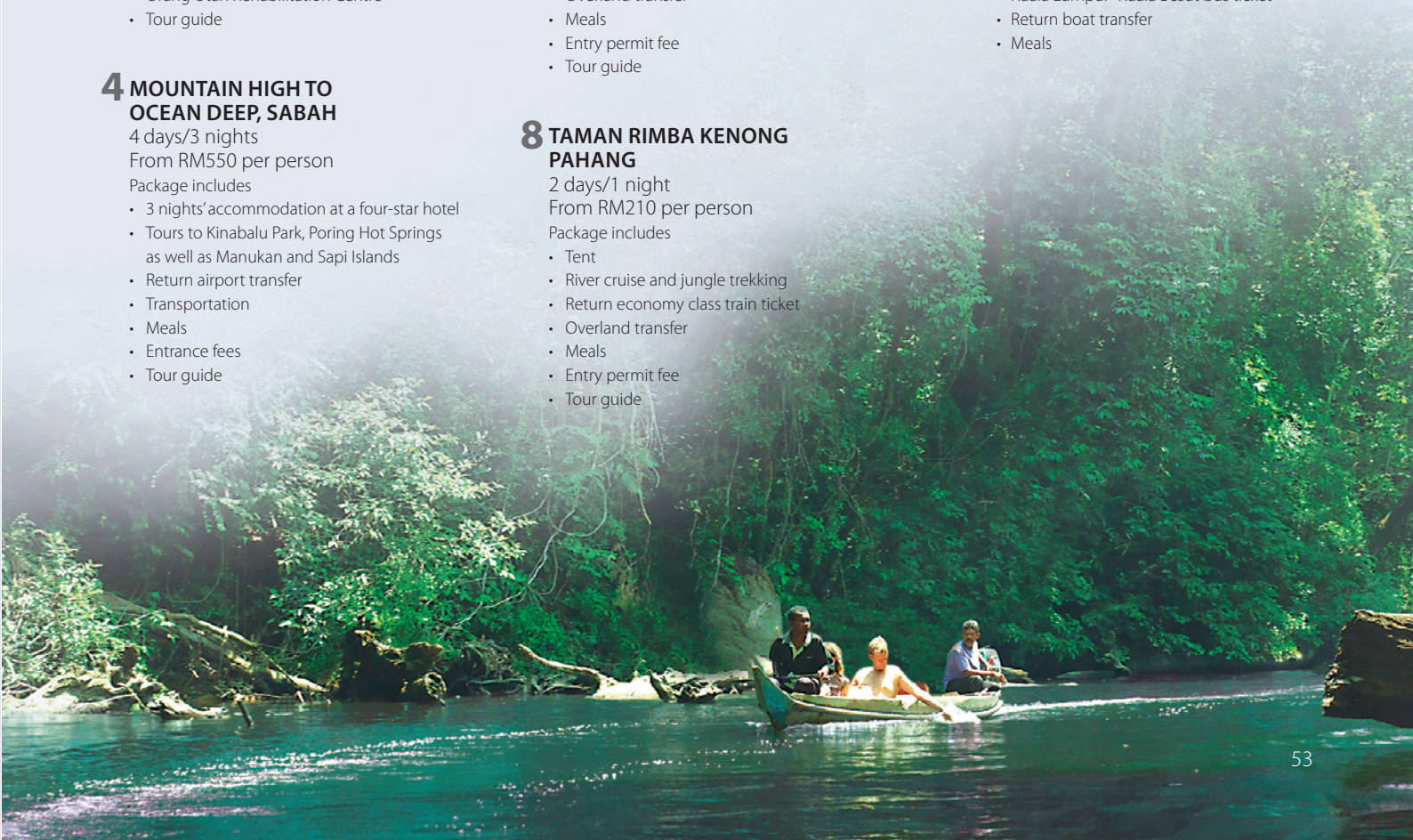
11 PERHENTIAN ISLAND BACK TO NATURE PACKAGE

3 days/2 nights

From RM199 per adult/RM169 per child

Package includes

- Tent (twin/triple sharing)
- Snorkelling at Teluk Keke
- Kuala Lumpur-Kuala Besut bus ticket
- Return boat transfer
- Meals



MALAYSIA AT A GLANCE

Country The Federation of Malaysia comprises Peninsular Malaysia, which is made up of 11 states, three Federal Territories as well as the states of Sabah and Sarawak situated in Borneo.

Capital City The capital city of Malaysia is Kuala Lumpur.

Geographical Location Located between 2 and 7 degrees north of the Equator, Peninsular Malaysia is separated from the states of Sabah and Sarawak by the South China Sea. To the north of Peninsular Malaysia is Thailand while its southern neighbour is Singapore. Sabah and Sarawak share a common border with Indonesia while Sarawak also shares a border with Brunei Darussalam.

Area 329,758km²

Population 27 million

People Malays make up about 57% of the population and are the predominant group with Chinese, Indians and other ethnic groups making up the rest.

Language Bahasa Malaysia (Malay) is the national language but English is widely spoken. Malaysians also speak various languages and dialects.

Religion Islam is the official religion but all other religions are practised freely.

Government Malaysia practices parliamentary democracy and constitutional monarchy. The Head of State is the Yang di-Pertuan Agong and the Head of Government is the Prime Minister. The country has a bicameral legislative system.

Economic Profile Manufacturing constitutes the largest component of Malaysia's economy while tourism and primary commodities such as petroleum,

palm oil, natural rubber and timber are major contributors to its economy.

Entry Requirements Visitors must be in possession of a valid passport or travel document with a minimum validity of six months beyond the intended visiting period. Citizens of most countries do not require visas for social or business visits. For further information, please visit or call the nearest Malaysian diplomatic mission or Tourism Malaysia office.

Currency The unit of currency is the Malaysian Ringgit, which is indicated as RM. Foreign currencies can be converted at banks and money changers.

Banking Hours In most states, banking hours are from 9.30am to 4.00pm from Monday to Friday. Banks in the states of Kedah, Kelantan and Terengganu operate from 9.30am to 4.00pm from Saturday to Wednesday.



Post Offices Most post offices are open from 8.00am to 5.00pm daily except on Sundays and public holidays. In Kedah, Kelantan and Terengganu, they are closed on Fridays and public holidays.

Working Days Government offices in all states, with the exception of Kedah, Kelantan and Terengganu, operate on a five-day week from Monday to Friday. Some private establishments are open for half a day on Saturday. Government offices in Kedah, Kelantan and Terengganu are open from Sunday to Thursday. They are closed on Friday and Saturday.

Time The standard Malaysian time is eight hours ahead of GMT and 16 hours ahead of the U.S. Pacific Standard Time.

Electricity The voltage used throughout Malaysia is 220-240 volts AC, at 50 cycles per second. Standard 3-pin square plugs and sockets are used.

Measurement System Malaysia uses the metric system.

Telecommunications Malaysia is linked nationally and internationally by telephone, facsimile, telegraph and via the Internet. Most hotels provide International DirectDial (IDD) telephone services.

Getting To Malaysia The main gateway to Malaysia is through the new Kuala Lumpur International Airport (KLIA) at Sepang, which is located approximately 50km south of Kuala Lumpur. Other major international airports that serve as entry points are situated in Penang, Johor Bahru, Kuching, Kota Kinabalu and the island of Langkawi. Malaysia has two Low Cost Carrier Terminals (LCCT), which are situated in Sepang and Kota Kinabalu.

Over 40 international airlines fly into the country while the national carrier, Malaysia Airlines, has a global network that spans six continents. It is complemented by the budget airline AirAsia. The main entry point by sea is at Port Klang, about 50km away from Kuala Lumpur. Malaysia is also accessible by rail and road from Singapore and Thailand.

Getting Around Malaysia has excellent domestic air links serviced by Malaysia Airlines and low-cost carriers such as AirAsia and Firefly. The country has a well-developed and efficient public transportation system served by buses, taxis as well as trains.

Accommodation Malaysia has a wide range of accommodation with competitive rates. International star-rated hotels, beach resorts, chalets, youth hostels and timeshare apartments are just some of the types of accommodation available.





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(TRAFFICKING IN ILLEGAL DRUGS CARRIES THE DEATH PENALTY)

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